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THE
PRACTICE
OF THE
WATER-CURE.
WITH AUTHENTICATED
EVIDENCE OF ITS EFFICACY AND SAFETY.

CONTAINING
A DETAILED ACCOUNT OF THE VARIOUS PROCESSES USED
IN THE WATER TREATMENT—A SKETCH OF THE
HISTORY AND PROGRESS OF THE WATER
CURE—WELL AUTHENTICATED
CASES OF CURE, ETC.



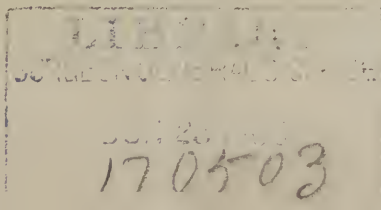
BY JAMES WILSON, M. D.

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Practitioners at the Water Cure Establishment at Malvern, Eng.

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P R E F A C E .

THIS Pamphlet has been put together in a hasty manner, as a reply to a series of professional attacks, decrying the Water Cure as an imposition, and all who practice it as impostors.

In so far as it may be considered a personal defence, I have entered upon it with unwillingness, and in deference to the wishes and opinions of others. I have come into court with witnesses, and the reader is at liberty to cross-question them, while I claim the privilege granted to persons under such circumstances,—the privilege of speaking in my own defence.

To account for the style in which the pamphlet is written, I may remark that it is intended for non-professional persons, although I am persuaded that if medical men would take the trouble to read these pages, they would find facts, which it would be worth their while to consider, albeit they are not clothed in a learned dress.

Popular works on the art of healing are considered *infra dignitatis*, but I may be allowed to think professional dignity,—even supposing it infringed upon—to be of secondary consideration in this matter, seeing that it will not assist in restoring a shattered constitution, make a man happy in the possession of sound digestive organs, cure gout and rheumatism, or prevent apoplexy and consumption.

To write on the Water Cure for medical men alone, would, at the present moment, be a waste of good ink and paper ; in

this I was confirmed by a recent visit from an old medical friend, whose first complimentary question was, "Well, are you here still, and is there really something in the Water Cure?" I asked if he had not had the curiosity to read any of the works written on the subject; "Not a syllable," was his reply. In the meantime the multitude are suffering, and to a great extent unnecessarily, under a variety of diseases, and if medical men will not inquire for them, they shall have the opportunity of inquiring for themselves. Facts are simple as well as stubborn things, and they can be well understood by persons to whom their rationale cannot be fully explained.

In addition to the statement of cases,—to show that I am not solitary in some of my opinions, I have introduced those of several eminent English practitioners. I have also thought it advisable to give a sketch of the history of the Water Cure, with an account of the processes used in the treatment, and some explanation of the manner in which they act on the human body. If this volume should have the effect of producing in the reader even a slight interest in this important subject, my first object will have been gained.

JAMES WILSON.

MALVERN, FEBRUARY, 1846.

THE PRACTICE OF THE WATER CURE.

HISTORY OF PRIESSNITZ, AND THE INTRODUCT- TION OF THE WATER CURE.

THE name of Priessnitz may already be said to belong to history: it is a name that may now be heard in almost every town in Europe, coupled with the grateful remembrance of those who have experienced the health-restoring powers of the Water Cure, or who have learnt from this method how to avoid suffering. Gifted with the moral and physical attributes of men of genius and talent, this originally "humble countryman" has providentially been so placed and surrounded by circumstances, as to work out a great and lasting system of treatment, for preventing, alleviating, and curing diseases; and generations yet unborn will reap the benefits of the steady untiring labors, the undeviating honesty and temperance, and the creative genius of the peasant philosopher of Graefenberg. How well and appropriately does the motto apply to him, "*In nulla re hominem ad Deos homines accedunt, quam salutem hominibus dando.*" Most truly, man cannot approach more nearly to the beneficent Creator, than by restoring the health or affording relief to his fellow-creatures.

By entering into some brief details of the slow and progressive mode in which the Water Cure was constructed, and by relating some of his sayings and doings, you will be able to form some opinion of this extraordinary person. It is thirty years since he commenced using water as a remedy, and he is now forty-nine years old. His birth-place was on the moun-

tain called Graefenberg, about a mile above the little town or village of Friwaldau, in Austrian Silesia. Before he was twenty he was called upon to manage the small farm on which his family lived, in consequence of the sudden blindness of his father. With regard to his appearance, it is that of a respectable farmer, who if it were necessary would not be above taking an hour's salutary exercise at the plough. He stands about five feet eight, and is stiff in his carriage; although strong, robust, and healthy, looks much older than he is, and care-worn. He is capable of great exertion, and from the last twenty-six years his only beverage has been water. Most of his observations are dictated by reflection and sound common sense, but he is reserved to a fault, and talks as little as he by possibility can. His motive for carrying his taciturnity so far, is to avoid fatigue and excitement; being aware of his highly nervous temperament, he has cultivated the habit as a means of tranquillity, in the midst of the never-ceasing occupation and turmoil caused by the great number of patients by whom he is surrounded. That such is his motive, is shown by an observation that he made, viz., "if I had talked as much as people wished and expected, I should have have been a patient myself, or perhaps dead long ago." This is likely enough, when it is considered that he is engaged from six in the morning until ten at night, and has barely had a day's relaxation for twenty years.

The first idea he obtained of the healing power of pure water, it is said, was from a man in some neighboring iron-works, who used it in different ways for burns and injuries. He was at once struck with its superiority to oily and greasy applications, and that there was something more to be done with so potent a remedy. His attention became fixed on the subject, and from it he began to reflect on health and disease. In doing this he first remarked that the ploughman with his ruddy face and bare feet, did not complain of stomach-ache or headache, or of the delicacy of his nerves, that "he whistled as he went for want of thought," and seemed perfectly unacquainted with what, in a refined state of society, is called ennui, anxiety, or the blue d—ls. And moreover, that after having been wetted to the skin for hours, he did not shiver or take cold. Again, he observed individuals of another complexion, who for years had gone through all the dissipations of Vienna, or who had passed a studious life in warm rooms. He also observed the dairymaid, the sempstress, and the fine lady who seldom walks. From the striking contrasts observable between all

these individuals, he formed his first notions of life, health, and disease. He commenced his practice by treating the injuries and slight ailments of his neighbors; applying his compresses warm or cold, according to the state of inflammation or other symptoms. To this he soon added sponging different parts, and sometimes the whole body with water, recommending plain diet and drinking water at the same time. In the midst of this he met with a serious accident. A heavy waggon went over him and broke several of his ribs, and as the two practitioners of the village gave him little hope of his recovery, he took the resolution of trying his own plan. He recovered rapidly, and his cure, after the unfavorable opinion that had been given, made a sensation in the neighborhood. Many now applied to him for advice, and he was very successful in many cases. This gave him an opportunity of studying on a larger scale the phenomena of disease and the different effects produced by water, and he soon formed a theory, and contrived new modes of applying his remedy to produce the results he required.

The powerful aid of obtaining at will so salutary a process as that of sweating dwelt on his mind, and his fertile imagination soon contrived the simple and admirable plan of enveloping the patient in blankets. This answered all his views on that point, finding that when properly used and followed by a bath, it was not attended by debility; that it relieved the internal organs, and strengthened the skin and the constitutional powers. The Russian mode of sweating with steam, as well as the mode by using heated air for the same purpose, he had long before heard of, but he at once detected the fallacy, and saw that it went directly against the first principles of his system, having the insurmountable objection, that of weakening the powers of the whole skin and nervous system, and producing only "skin-deep sweating." The following anecdote will show how convinced he is on the point, and that he will hear of no compromise. Captain Raven, one of his most intimate friends, who was kind enough to interest himself in my proceedings, wished him to assist me in my researches: he replied, "You remember Dr. — of St. Petersburg, I devoted myself to him for a long time, and he went away understanding the Cure; he is now, I hear, sweating all his patients by applying hot-air to the skin and lungs." The Captain observed, "that no doubt he had the long-established prejudices of the people to contend with, that he was obliged to play up to them, and that was his sole reason;" then said Priessnitz, "Well, then, it is not honest, for he is convinced it is not right, and that it is in direct

opposition to a principle which he understands ; he knows better, and I cannot forgive him, or take any interest in any of them again."

He was still much puzzled how to treat many of the striking critical phenomena which take place during the Water treatment, and here it is, that the Water Cure has gained by his being thrown on his own resources ; had he known how, or had he been licensed to use medicines, in many of his dilemmas he most probably would have had recourse to them, instead of finding out a surer and safer plan of treatment by the aid of diversified modes of using water. He was also dissatisfied with his imperfect plan of treating fevers and inflammations, but by continued reflection, and like Newton, "*en y pensant toujours*," he arrived at the process of enveloping in the wet sheet—the crowning discovery of the Water Cure. With the aid of this invaluable remedy, he was enabled to graduate and modify his treatment as he pleased. He soon after discovered its powerful and extraordinary effects when used in the treatment of chronic diseases. The use of the different local baths, and the *douche*, had preceded the discovery of the wet sheet.

All this, however, did not go on smoothly or without obstacles and opposition. He was denounced as an unlicensed and dangerous impostor,—fined, and his treatment suspended. Confident, however, in the goodness of his cause, and backed by numerous patients, he appealed against the sentence, and it was set aside. Priessnitz and his system of treatment had now become of sufficient importance to attract the attention of the Paternal Government of Vienna ; and in its anxious care for the health of its subjects, a commission of medical men was sent to inquire into the real state of affairs. Fortunately for the Water Cure, old Baron Turkheim, the head of the medical department of the empire, was also at the head of this, a man celebrated for his independent spirit, his great learning, and scientific acquirements. He staid some time at Graefenberg, and on his return to Vienna, being at a medical society, he was asked what he thought of "the new charlatanism;" he replied, "Priessnitz is an honest man, and no impostor ; and his mode of treatment is more successful than ours ; believe me, gentlemen, you have much to learn from this countryman." This made the sages of Vienna still more angry and violent against the Water Cure and its founder—shutting up the avenues of their understanding against the evidence of their senses, notwithstanding the accumulated facts which presented them-

selves among their patients, who leaving them with little hope, returned in perfect health.

The commission analyzed the water to discover its mystic virtue ! but they were disappointed to find that it was nothing more than pure spring water ! The sponges he used were also examined with great care, to see if they contained any secret remedies. After this Priessnitz threw away the sponges, and has never used them since, finding that rubbing with hands—"flesh to flesh"—was better. At the time I speak of he was called the Schwamm, or sponge doctor.

He was now taken under the protection of the Government, and additional police placed at Friwaldau, to note the number of patients, and report the deaths and other results of the treatment. To 1841 he had treated 7,219 strangers, and there had been 39 deaths. Some of these I found by the registry had died before commencing the treatment, and some others were reported in a forlorn state before anything was attempted.

Although Priessnitz is a kind-hearted man, there was a time when he was not sufficiently philanthropic as to wish that his mode of treatment should be understood by others, and he objected to having works written explanatory of its theory and practice ; however, many small works were published and widely circulated, and the numbers of his patients were increased instead of being diminished, as he expected. The work that had the greatest effect was one by Professor Munde ; this was followed by another from the same author, as a handbook on the Water Cure treatment, which has since appeared in an English dress, with some alterations and additions.

The renown of the successful treatment of disease by the Water Cure, had gone on for some time before Priessnitz had any imitators, with the exception of Mr. Weiss, who was at that time the farrier of the village. At the commencement of Priessnitz's career, Weiss and he had something to do together, but they soon disagreed, and have been at enmity for many years.

Priessnitz has had eight children, the first was a boy, those that followed all girls. There is an interesting fact connected with this which I shall relate. When first married his wife had no great faith in the Water Cure ; in truth, it was then in a rude state, she therefore insisted that the first child—the boy—should be treated in the ordinary way ; this he promised, and when it was attacked with measles, the practitioners of the village were called in, but it died. All the other chil-

dren he has treated himself in all their complaints, measles, whooping-cough, scarlet fever, &c.; and I have heard Mrs. Priessnitz say that she had never had a moment's apprehension about them. This fact certainly does not tell against the Water Cure. I was present during the treatment of one of his children in fever. The child being from home had been neglected, and when brought home had severe fever with delirium; on the third day it was convalescent, and carried out in the nurse's arms. Another of his children was very delicate from its infancy, and supposed to have been infected by an impure nurse, his wife having been prevented nursing. It was rickety, and there appeared little prospect of its living: this child was two years under a regular system of water treatment, and when I left Grafenberg had nearly recovered, and promised to be a fine healthy child. On several occasions during this long period a crisis had taken place of a remarkable nature. During ten months that I observed the child, the changes in its constitution and appearance were very marked, and there was every evidence of its growing up to be strong and healthy. Mrs. Priessnitz, after her last confinement, had a severe attack of childbed fever, induced by the excitement of being visited for several days after her confinement by a number of ladies of rank. She was enveloped repeatedly in the sheet, followed by a tepid bath, and the fever was completely removed in two days. Priessnitz observed, "Our enemies can do us but little harm, it's our friends who kill us;" referring, I dare say, to feasting and drinking companions, as well as to his wife's case. Some years before this, and before his reputation was established, he would go any distance to treat a patient; he went, not being well at the time, in an open car, in the depth of an almost Siberian winter, to visit a patient in a distant village; he was then requested to go on further, so that by the time he reached home late at night, his lower limbs were frozen. The next day his legs were swollen, accompanied with fever and inflammation in the stomach and bowels. After some preliminary treatment, he said to his wife, "I must now go immediately into the shallow bath, and be rubbed, or I shall be laid up with a dangerous illness, perhaps a fatal one; do you see that it is properly done, and the proper effect produced before I get out." He remained several hours in the bath, two bath servants carrying on the ablution, and rubbing without intermission until the circulation was equalized. Two hours after the bath a profuse spontaneous perspiration set in, and the next day he was without a symptom of anything wrong, and feeling only

very weak and tired. Is it then to be wondered at, that he should have such confidence himself in the remedial powers of water, or that his patients, when they see similar results frequently taking place, should be inspired with the same feeling? The following fact, and I could relate many similar ones, will show, that he is not without some kindness and generosity. A Prussian lieutenant, about thirty years old, came to consult him, with extensive disease (caries) of the bones of the thigh and hip. On his arrival, I was told, that he was emaciated, and had hectic fever; the disease extended from the knee to the hip, and there were four openings which discharged above a pint of matter daily; there was constant cough and other symptoms, showing that the constitution was giving way. He had a tea-cup full of splinters of bone which had come away. A few months after he had been under the Water Cure I saw the patient; he had gained flesh, was able to take active exercise on crutches, and was one of the merriest men in the crowd. I went into his room frequently to examine and probe the wounds, and extract pieces of bone. He complained of little or no pain since he had worn the compresses, and got into a regular system of treatment; and all the functions of the body had become perfect, although the discharge was still very great. At the end of six months his funds failing, he was preparing to take his departure, when Priessnitz told him that it would take eighteen months, two years, or perhaps longer, to cure so extensive a disease of the bones, and that he might eat at his table as long as it was necessary, free of expense. I left him there enjoying himself and in perfect health, and the disease, although still extensive, certainly better.*

That "a man is no prophet in his own country," the following fact will sufficiently show. Some three hundred yards below the large house in which Priessnitz lives, there is the cottage of a miller; his wife was laid up with typhus fever, and attended by the two village practitioners. About the twelfth day they told the husband that they despaired of her recovery. At this juncture he bethought him to ask Priessnitz to see her. He immediately complied, and commenced the water treatment; in a few days the patient was without a bad symptom, and recovered rapidly. When the Water Cure treatment was commenced, she had a dry black tongue, muttering delirium, and

* Very many patients can go about and even enjoy themselves in the open air, with the treatment by water, having at the same time medical and surgical diseases, of which they would be in a dying state in any hospital or sick room in Europe or England.

the evacuations were passed without her knowledge. Before the miller had recourse to the Water treatment for his wife, he had heard that Priessnitz had treated some dozens of cases of fever, and had not been known to lose one, but on the other hand he could not forget that he had been a working man, or that water was not physic.

A servant maid, about nineteen years old, who had attended the miller's wife, was laid up with a severe fever, just as her mistress was recovering from it. Her sister was one of the bath servants, and called my attention to the case; I attended throughout, and witnessed the whole treatment. The fever continued for eighteen days, but during the whole time the tongue remained moist; the effect of the different processes was beautiful, and every bad symptom was avoided. On the twentieth day she was sitting outside the door, convalescent, and with very slight debility, which was gone by the end of the week. I have several note books filled with cases and incidents similar to those I have related, but I dare say I have already written as many of them as you will read. I have only now a few more remarks to make.

It is said that Priessnitz owes the first idea he obtained of some of the original processes of the Water Cure, to hints from intelligent patients during their treatment. Be this as it may, he has understood and availed himself of them to a good account.

Before the discovery of the wet sheet, and before its use in the treatment of chronic disease was understood, great mischief must have been done in many cases by the misapplication and too frequent use of the sweating process. Many must have had their nervous systems much injured. When I was at Graefenberg a great change for the better had already taken place in this respect. From the effects I experienced in my own person as well as observed on others, from the wet sheet, I saw clearly, and indeed predicted above two years ago, in my work on the Water Cure, that Priessnitz would become less mechanical in his notions, and sweat his patients still less as he went on. I have heard that it is so, and it could not have been otherwise with a man who is always observing and reflecting. It has been remarked that Priessnitz has been a long time in getting rid of his own errors and adopting improvements, but we cannot wonder at the slowness with which knowledge is gained, and salutary changes of opinion come over the mind, when we all feel more or less how strong is the force of habit and the passion of prepossession.

Many illustrations will occur to the medical reader ; for example, what time and argumentation it took to convince many that salivation with inercury was not necessary in the treatment of gonorrhœa !

Whatever additional discoveries may be made or improvements introduced into the practice of the Water Cure, Priessnitz will always deserve the credit of having established and put together a system of treatment which, when contemplated by the physiological eye, is beautiful in its power, efficacy, and simplicity ; but whose value can only be appreciated to its fullest extent, by those who understand and have made the human body their study, and at the same time are enabled to compare it with the results of medicinal treatment, by having practised both.

WATER CURE ESTABLISHMENTS.

NOTWITHSTANDING all the obstacles that have presented themselves, it is highly satisfactory to note the rapidity with which Water Cure establishments are spreading in this country.* It is necessary, however, that some care should be taken

* When establishments for the treatment of diseases by water are formed in every part of America, as they now are in England, which I make no doubt will be the case in a very short time, they will ultimately have the effect of mitigating, and it may be hoped removing altogether, a long list of diseases ; I will go further, and say, that I have no doubt that consumption, which now carries off its thousands and tens of thousands, with serofula, gout, and a number of hereditary diseases,—not omitting those produced by drugs,—will become comparatively unknown—a tale of former times. The influence of these establishments will sooner or later be felt by the whole community ; they will also become summer resorts for recruiting by a course of scientific bathing, and they will be considered agreeable centres of re-union ; all persons leaving them will be so many missionaries of temperance, filled with the ardent desire that all should participate in the good they have experienced, and the immunity from pain which they enjoy from their new mode of life. In a country like the United States, where there is such free enquiry, and such rapid circulation of thought, it will be carried on at railroad pace. Consider, for a moment, what a compound multiplied effect this will have on generation after generation, gaining new strength at every fresh start, the power accumulating by additional numbers, by the intenseness of conviction, by habit, and by example ; at every step there will be fewer sins of the parents to be visited upon, and descend to, the children —EDITOR NEW YORK EDITION.

in selecting situations fitted for a system of treatment so essentially hygienic. All who understand the Water Cure, concur in opinion, that for the treatment of chronic diseases, a rural situation is of the first importance. Many who have seen the system practised under a variety of circumstances, go further than this, and declare that it is dangerous to practise it in towns. During the last eight years Water Cure establishments have been tried in several towns of Germany, but, as might have been anticipated, the results were found to be anything but satisfactory, and they have been abandoned. An elevated position, with bracing air, is one of the most essential adjuncts of the treatment; indeed it requires but little thought and experience to be assured that it makes the greatest difference in the reaction and salutary influence of the different baths,—whether the patient goes out, after them, into a clear, bracing atmosphere, or one that is close or damp. The patient soon discovers, moreover, that the turmoil and mode of living in towns, is not compatible with this system of curing chronic diseases.

Priessnitz attaches the greatest importance to mountain air, and pure spring water; when questioned upon the subject, he replied, "Man muss Gebirge haben." He very often complained that the patients in the little town of Friwaldau, at the foot of the mountain, did not progress so well or rapidly as those on the side of Grafenberg hill. It is also of consequence that the patient should sleep in a pure atmosphere.

Great numbers of the patients under Priessnitz's care, occupy the small cottages on the side of the mountain, reaching up to his house. It was in the small rooms and garrets of these cottages, that I witnessed the most rapid and extraordinary cures that took place during the ten months that I resided at Graefenberg; the whole bathing apparatus of the Cure, being two wooden tubs, the one serving as a shallow, the other as a sitz-bath. Priessnitz, after the experience of twenty-five years, considers the quality of the air and water of more consequence than the shape, color, and material of the baths, or the size and comfort of the rooms. There is no reason, however, why the patient should not have large airy rooms, and every rational English comfort.

During the last ten years the Water Cure has excited great interest and attention on the continent; there are now nearly a hundred establishments devoted to its practice, many of them under the immediate protection and patronage of the different governments; but no one is now permitted to form an establishment without having received a medical education.

Patients who visit Water Cure establishments should consider that they are on neutral ground, that health is the great object in view, and that all minor considerations should give way before it. All peculiarities of habits, notions, or opinions should for a time be laid aside. The Water Cure in many cases necessarily requires a length of time; but it is not without its pleasures and enjoyments. The good appetite and digestion, cheerful feelings, sound sleep, and the consciousness of returning strength and health, should not be forgotten as a set-off to anything that might be considered tiresome by repetition.

I have wished good-bye within the last three years to several hundreds of ladies and gentlemen, who declared that the time they had spent in the Water Cure, had been the most cheerful and happy period they could recollect,—the one in which they had experienced the greatest amount of the feelings of well-being,—and that they took their departure with regret.

But I hold that the Water Cure is after all the shortest cure, when the nature and extent of the diseased states that are submitted to it, are taken into consideration. If a patient is cured in six months of a complication of ailments, which had resisted every variety of treatment for seven, ten, or, as it often happens, a greater number of years, it cannot be called a long cure. When life is prolonged for ten, fifteen or twenty years, by this means, which, according to all human probability, would have terminated in a year or two, no arithmetician would say that six months Water curing had been a long or lost time.

In many cases where the constitution has not been much shattered, the restoration is effected in a remarkably short time; a few weeks being often found to suffice. It must in truth be said, that in two-thirds of the patients hitherto submitted to the Water Cure, what with the complicated nature of the ailments, the advanced age, and the inadequate period given to the treatment, &c., the only wonder is that so much has been effected.

Much has been said about the dangers of the Water Cure, and the cry has been raised on every frivolous pretext; all reflecting people, however, who have given the subject the least attention, are beginning to discover in what the danger really consists. When a number of patients are collected together as in Water Cure establishments, one would imagine that all the dangers would very soon be discovered; for invalids going through the Water Cure value their lives, it may be supposed, as much as they did when under medical treatment.

The imminent danger in which the Water Cure patients

consider themselves will be shown pretty clearly by the following fact: A few weeks past, the Rev. Mr. Brown, of Crosby, near Liverpool, commenced the treatment; on first entering the room where my patients were collected together, he had still great apprehensions, and his first anxious inquiry was about "the dangers;" he told me that the reply he met with was the most satisfactory that could have been given him; viz: "a general burst of laughter, which scattered his fears to the winds."

AN ACCOUNT
OF THE VARIOUS PROCESSES USED
IN THE
PRACTICE OF THE WATER CURE.

WATER AS A BEVERAGE AND AS A REMEDY.

It is a matter of congratulation with all those who know and feel how great the beneficial result will be, that the conviction is daily gaining ground amongst the enquiring and enlightened part of the community, that water is the best beverage for man, and moreover that it is the only one necessary to keep him in the highest state of health and strength.

In "An Essay of HEALTH and LONG LIFE," by that *real* and most estimable physician, the celebrated Dr. Cheyne, written some hundred and fifty years ago, he says:—"Drink is the other part of our food. The common drink here in England is either water, malt-liquor, or wine, or mixtures of these.—Without all peradventure, water was the primitive, original beverage, as it is the only simple fluid, fitted for diluting, moistening, and cooling; the ends of drink appointed by nature. And happy had it been for the race of mankind if other mixed and artificial liquors had never been invented. It has been an agreeable appearance to me to observe with what freshness and vigor, those, who though eating freely of flesh meat, yet drink nothing but this element, have lived in health, tranquillity, and cheerfulness, to a great age.* Water alone is sufficient and

* Though I look old, yet I am strong and lusty;
For in my youth I never did apply
Hot and rebellious liquors to my blood;

effectual for all the purposes of human wants in drink. Strong liquors were never destined for common use. 'They were formerly kept (here in England) as other medicines are, in apothecaries' shops, and prescribed by physicians, as they do Diaseordium and Venice treacle. And it were as just and reasonable to see men (and if they go on, it is not impossible I may hear of it, since laudanum is already taken into feasts and entertainments) sit down to a dish of Venice treacle, or Sir Walter Raleigh's confection, with a bottle of Hysteric cordial, as to a dish of crawfish-soup or venison pastry, with a bottle of Hermitage, of Tockay, or which some prefer, a bowl of punch. Wine is now become as common as water; and the better sort scarce ever dilute their food with any other liquor. And we see by daily experience, that (as natural causes always produce their proper effects) their blood becomes inflamed into gout, stone, and rheumatism, raging fevers and pleurisies; their passions are enraged*into quarrels, murder and blasphemy; their juices are dried up, and their solids scorched, shrivelled, or bloated."

Water was the drink provided by the beneficent Creator for our first parents in Eden, and throughout the scriptures we find the most powerful evidence that it should be preferred before all others. In the book of Daniel, first chapter and sixteenth verse, are these remarkable words:—"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenance be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat, and as thou *seest* deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children that did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, AND THE WINE THAT THEY SHOULD DRINK."

Looking further through the BIBLE, we find the most satis-

Nor did not with unbashful forehead woo
The means of wickedness and debility;
Therefore my age is a lusty winter,
Frosty, but kindly.

O, that men should put an enemy in their mouths to steal away their brains! that we should with joy, revel, and applause, transform ourselves into beasts!

O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee—devil!!—SHAKESPEARE.

factory evidence in recommendation of water as the all-sufficient beverage. It was the drink provided by the beneficent Creator for our first parents. When the king of Israel made "great provisions" for the Syrian army, the drink was water. When Abraham sent away Hagar, he gave her a bottle of water. The angel that came to Hagar in the wilderness, pointed her to a place of water. When Rebecca received the offer of marriage, she gave to Abraham's servant water. Gideon's three hundred valiant soldiers drank water. At Nabal's feast of sheep-shearing, the drink provided was water. Elijah, when fed by ravens, drank water; and when he came to the widow of Zidon, asked only for water. When the angel brought him his provisions for the journey to Horeb, the liquid in the cruise was water. Good Obadiah fed the one hundred prophets on bread and water. Job's traveller went to the stream for water. The king of Assyria promised the Jews, that on submission they should eat their own vine, and drink the water of their own cisterns. The Israelites promised the Edomites to purchase water. Timothy's usual drink was water, the "little wine" being prescribed medicinally. John the Baptist took water. At the well of Samaria, both Jacob and Jesus drank water. King Saul in the cave had *water*. Samson and his mother drank water, and *WATER* is the element chosen by God to typify the choicest blessings of the heavenly world.

Notwithstanding that theory and practice have demonstrated in every possible way that water is best, yet the majority of mankind have yet but a faint idea of the extent of its salubrious effects when taken in proper quantity internally, or applied in different ways externally. In the former this arises from the practice of taking hot tea, coffee, wine, spirits, and irritating medicines, &c., from an early age. The long indulgence in these fictitious habits produces an unhealthy state of feeling, attended with the fear that cold water would produce unpleasant sensations, and some injury to the stomach; there is therefore, a barrier to its use, made up of fear, dislike, prejudice, and custom. But when this formidable barrier can be leaped over, or broken down, by a little reasoning and reflection, after a few essays the individual finds, and is convinced that he has been deprived of a great source of pleasure, and of one of the most powerful conductors to health. By the great change in the feelings, the greater aptitude for mental and bodily exertion, the marked accession of cheerfulness and gaiety, from taking water, all these changes in a short time make a convert. The relish for food, and the greater quantity that

can be taken, and easily digested, the light and refreshing sleep without disturbing dreams—these, with the former, make him an advocate. The improved skin and complexion, conferring the freshness of youth, the clear eyes, the sweet and wholesome breath—all these, united to the foregoing, produce a zealous disciple, wishing others to share his benefits. By the proper use of cold water, the whole apparatus of digestion, from the teeth to the liver, is improved, and resists decay.

What can exceed the beauty, freshness and purity of a glass of water taken from the spring? It leaves no mawkish taste behind it, no fictitious or unpleasant odor. When it is taken during a walk before breakfast, after a bath or general ablution, it cleanses all the passages, purifying the mouth, and filling it with sweet and pleasant fluids, making the individual cheerful, hungry, and wide awake. What a contrast this is to creeping down stairs with the eyes half-closed, huddling up to the fire, and swallowing scalding nervous-making tea or coffee, eating a few bits of toast, without appetite, and requiring some relish to make them go down!

This drinking cold water moderately in the morning, *as a* general result, makes the pill-box and purgative draught a superfluity, for it dilutes the viscid secretions, such as bile, slimy matters, &c., that have collected during the night, and makes them pass off. The determination being already to the skin by the wet sheet or sweating, and the bath, or by simple washing all over, the cold fluid being then taken into the stomach, at first lowers its temperature, and that of all the organs contained in the abdomen, helping still more to lessen any irritation and heat, or undue collection of blood in these parts. The water is rapidly absorbed by the stomach, not digested as many suppose: and pure water does not escape into the alimentary canal. When it is all sucked up by the stomach, it goes into the general current of the circulation; mixing with the blood, it is first carried into the lungs, and then sent on by another set of tubes, the arteries, to the tips of the fingers and the points of the toes; and every intermediate part feels its benefits, giving new life and activity to everything it has come in contact with. It is then in great part thrown off, (mixed with waste matters,) by the skin, in invisible steam; by the kidneys and by the breath. When a glass of water is swallowed, the stomach, by its motions, diffuses it over all its surface before it absorbs or takes it up, just as you would wash the face—and it has the same refreshing and beautifying effects,

leaving it at a more natural temperature, and giving it a more healthy color.

It appears almost incredible with what rapidity cold water is taken up by the healthy stomach. I once, by way of experiment,* swallowed thirty tumblers of water from the spring before breakfast—each equal to half-pint—two of which I sometimes took at once. I was nearly three hours about it. At nine o'clock I was so hungry that I could hold out no longer, I had intended to have tried another dozen. When I went out at six, I had a wet bandage on the stomach tightly applied, and covered by a thick dry one. When I went to breakfast, the abdomen was diminished in size, for my bandage no longer stuck so close. I never enjoyed a morning's walk more, and during the day felt perfectly well. At first, when the stomach is much out of order, and the patient has *not* been accustomed to drink water, it is well to begin as gradually as he pleases. He soon gets to like it, not from thirst as is supposed, but from its refreshing effects, just as people take wine or spirits without being thirsty, to relieve a low feeling, or produce a tipsy one. Often when sitting down to my bread and butter, milk and strawberries, with an appetite that would have made dry bread delicious, I could not help comparing my state to that I could vividly recall, after taking two pills over night, and a white—no, a black draught in the morning. What a contrast in every sense of the word—in the moral as well as the physical man—one as unwholesome, irritating, and depressing, as the other was cleanly, refreshing and exhilarating.

It is necessary to observe, that most persons who are delicate or ailing, by getting up before their usual time, and walking before breakfast, produce lassitude, headache, and other disagreeables for the rest of the day; this unpleasant state does not occur if part of what I have described is done beforehand, and followed by a few tumblers of water.

Simple as the mere act of drinking water may appear, there are a variety of diseased states in which its use requires discretion and management. There are cases in which it produces great disturbance, and others in which the progress towards

* At this time, be it remarked, I had recovered, and was in high health, and going through a course of experiments; I should mention, that after the twentieth tumbler, I felt a slight dizziness accompanied with a tipsy feeling; but not in any way disagreeable; it disappeared on taking breakfast. Patients should not make such attempts, but rather be on the right side, of doing too little rather than too much.

cure is interfered with, by drinking too large a quantity, or at improper periods.

The majority of people in large towns, from their mode of life, of eating and drinking, over-exertion and many unnatural habits, which would sooner be fatal, were it not for the wonderful power of the machine to accommodate itself, and resist such a complication of efforts to destroy it, have their stomachs and constitutions more or less in a disordered state, which water properly administered would go a great way to rectify. Abernethy went so far as to say, that in London there was not a perfectly healthy inhabitant, and from what I observed during many years practice, I cannot say that he exaggerated in his statement. In truth, when admitted behind the scenes, we certainly do discover the melancholy fact, that every second person has some ailment more or less distressing to complain of. However, this state of things admits of great amelioration, and by very easy and simple means—the judicious use of water.

In fine, there is no agent applied to the body, externally or internally, that has such influence in awakening all the vital powers to their great restorative capabilities, in arresting the progress of disease, or preventing, when inevitable, a fatal termination, as PURE WATER. Administered at various temperatures, it is the most powerful remedy we possess, the most manageable in its scientific application, the most easily obtained, and the most certain in its results. So varied are the modes in which it can be applied, that there is no remedy that can be made to produce so many diversified and opposite effects; a stimulant, a sedative, a diuretic, a sudorific, a derivative,—and a cleanser and restorative in the fullest sense of the terms. Unchaining all the powers of the constitution, giving nature a genial impetus, and leaving uncurbed her desire and efforts to heal; and all this without the necessity of straining any individual function; and after its most marvellous and mighty results in the most acute and dreaded diseases, leaving behind no trace of its operation, no mark or after-suffering, to point out where or how its power had been exercised—a conqueror without bloodshed—the giver of sound constitutions without levying a tribute—a divine and universal remedy!—universal in its application—universally dispensed for the use of all mankind—and in days to come, destined to be universally placed at the head of all remedies. This,—my opinion,—written long before the Water Cure was heard of in England, is still, after much reflection, and a more matured experience, my confirmed belief.

THE SWEATING PROCESS.

THIS is effected in a very easy and simple manner. The bedding is removed and a blanket of the largest size is spread out on the mattress. The patient lying down at full length, is enveloped in it as comfortably as possible, and so as to fit well about the neck and feet. The best covering over this is a small feather or down bed, with a light ticking, which must be tucked in about the neck and shoulders, and all the way down to the feet. It is well to elevate the head as high as the patient finds it convenient, or comfortable. In this state he is left till perspiration comes on. It is then allowed to continue for a longer or a shorter time, according to circumstances. It generally takes two or three hours before the patient is in full perspiration; but it is a good plan when it is slow, after the first hour, to begin rubbing the hands gently against each other, and up and down the sides, doing the same with the feet, but not so as to fatigue, or affect the breathing. As the packing-up takes place early in the morning, not to lose any part of the day, the patient has generally a good sleep for an hour or more. When perspiration has fairly set in, the window is sometimes thrown open, particularly in summer, and, from time to time, half a tumbler of cold water is given to drink. When it is considered that sufficient perspiration has taken place, the bed and blankets are thrown off, and the patient steps into a bath, (if it be in his room,) containing about a foot and a half of cold water, where he is well washed and rubbed, assisting himself as much as possible, but without being in a hurry. It is well, in some cases, to have a basin of cold water at the side, in which the patient just gives his hands, face, and breast a rub before he sits in the bath. When the large bath is used, the patient walks to it still enveloped in the blanket, a cloak thrown over if necessary; here he plunges in at once, if it is large enough. Sometimes it is necessary to have two baths, one with cold, the other having water with the chill taken off or even tepid. In this case, he enters first into the warmer bath, and after a good rubbing, transfers himself quickly into the colder one; where the same thing takes place for a minute or two, returning again to the warmer one. Where the douche is in the house, it is sometimes made use of instead of the bath. After all these processes, he dresses quickly, and goes out to

walk for an hour or longer, drinking from time to time a tumbler of water.

This mode of producing perspiration, followed by the cold bath, was at first thought the greatest discovery, and the most essential modification of the Water Cure treatment. Stirring up the system, and producing purgation and waste by the skin—strengthening this again, as well as the internal organs, by the bath, was considered by Priessnitz and his partizans so powerful, simple, and harmless an operation, that—combined with the other salutary adjuncts of the Cure,—no diseased state could resist it. For a long time this went on, and although in many cases, the results answered their expectations, in many others some disappointment, not to say mischief, took place. Priessnitz, however, was too keen an observer not to see in the end that he had been mistaken, and had carried it too far. There is now a numerous class of patients in which he does not use the sweating process, but he has not yet made all the reformation that I believe he will ultimately find necessary. Not so, many of his imitators in different parts of Germany, who continue to this day to practise the serious errors, which he has been gradually removing for several years. Conscious of the errors he has fallen into, and always reasoning and observing, he is more cautious, having learnt from experience that errors are more or less the lot of every system, and that an approach to perfection is only to be attained by constant thought and exertion. But he does not like to be reminded of the change in his practice.

The application of the cold bath after a profuse perspiration is thought by the many, and even by most medical men, to be highly dangerous; but, in fact, there is nothing more innocent or exempt from danger when directed by a competent practitioner; it is on the whole not more dangerous and certainly not as disagreeable as “two pills over night, and a black draught in the morning.” The practice of taking a cold bath after sweating is of very ancient date, having been practised by the Russians and other northern nations from time immemorial, but with this important difference—that they produced the sweating by the application of hot vapor. This makes a great difference from producing it by the effort of the internal organs and the concentration of animal heat; one is much more debilitating than the other, and the re-action after the bath is not so good or permanent. Added to this, there is the great objection of taking hot air or vapor into the lungs. I took a great many Russian baths at Vienna,—in some measure for

experiment,—and I am convinced of the immense difference of the two processes, when they come to be frequently repeated, as in the Water Cure. The safety of this process, as I have described it, (the contrivance of which is due to Priessnitz,) is owing to the comparative calm and absence of irritation in all the internal organs, or exhaustion of the nervous energy; the fresh air alone being inhaled by the lungs, and the cool liquid being introduced into the stomach,—both of which increase the determination to the skin, and the sweating, when the latter has once commenced.

When the body is in a state of perspiration, heated and excited by dancing, walking, singing, or talking, there is nothing so dangerous, more especially if the individual is weakly, or has chronic disease, than drinking largely of cold water, or entering a cold bath. We have numerous examples of the fatal effects of this imprudence. At Naples, during the extreme heat, and while the body is in a state of perspiration, one observes the inhabitants drinking iced water freely, at all the corners of the streets, but the perspiration they are in, is in a great measure a passive one, arising from, and kept up by the heat of the climate. A Polish gentleman told me that one of his countrymen, a young physician, having heard from so many quarters that hundreds were in the habit of taking the cold baths in a state of perspiration, he,—without thought or accurate inquiry,—after a long ride, exhausted and wet with perspiration, went and bathed in a river; he was attacked with apoplexy, which carried him off in a few days afterwards, showing that he did not understand, or was not aware of the different state the body is in, according to the mode of producing the perspiration. There is the same objection to the cold bath after James's powder or any sudorific medicine.

Perspiration once set in, is allowed to continue from a period of half an hour to an hour. As a general rule, this perspiration must be put a stop to, as soon as the patient feels a sense of fatigue, and before any feeling of debility comes on.

It would be but natural to suppose this process, continued day after day for months together—as has been the case with hundreds of invalids,—would cause great debility, and pull down the individual to “the shadow of a shade;” but such is far from being the result in the majority of instances, where it is proper it should be used. Prince Lichtenstein told me that he had gone through this process nearly every day for eighteen months. When he commenced, he was weak, reduced in flesh, and in a deplorable state of health, from ten years' suffering

with a leg doomed to amputation by all the first surgeons in Europe. At the time I was speaking to him, (and he was still continuing the treatment,) he was in robust health, and in a condition to excite the envy of a first-rate pugilist. He had gained nearly three stones in weight, and the leg had made great advances towards complete recovery.

In most cases where there is a determination of blood to the head, or where there is reason to suspect the existence of chronic disease in the brain, the sweating must be practised with very great care and discrimination. Where there is extensive chronic inflammation in the digestive mucous membrane,—in some cases of hypochondriasis, irritability of the heart, nervous debility, &c. &c., this process must be deferred, or not used at all. Where these contra-indications do not exist, and the sweating still produces a loss of flesh, or an increased state of irritability,—when the patient does not feel well, and obtain full re-action after the bath, in such cases it is advisable to discontinue it.

It is sometimes necessary to apply a wet compress on the forehead before and during the perspiration, changing it from time to time: and there are also cases where the patient is made to sweat in the wet sheet, but they are rare. Whenever there is the least tendency to fever, where the symptoms of a cold or influenza are coming on, the sweating process must not be attempted: it generally aggravates all the symptoms. In these states the patient must be placed in the wet sheet. I have observed that those whose skins are white and delicate, persons who have much fat, the gouty and rheumatic, sweat easily, and in great abundance. On the other hand, where the temperament is phlegmatic, where there is a tendency to piles, or congestion of the abdominal viscera, it is not so easy.

Sometimes the perspiration is partial, not appearing at all on certain parts; this is supposed to arise from the existence of diseased action, or the accumulation of morbid matter in the part; when discovered, it is well, previously to enveloping the patient in the blanket, to apply a compress or bandage, wrung out of cold water, to the part. With the repetition of this process, great changes takes place; at first the perspiration is small in quantity, clear in its nature, and difficult to be produced; as the patient advances it becomes more profuse, and impregnated with the most disagreeable odors—viscid and glutinous,—of a dark yellow and even brown color;—and sour, fetid, &c., in its smell. Sometimes there is no mistaking the smell of sulphur, at others it resembles the disagreeable odor

that is produced by mercurial salivation. When these morbid phenomena appear, the perspiration may be considered of a critical nature. As a general rule, where there is no evident reason why this process should not be used, sweating followed by the cold bath, is not debilitating; what is lost in one way is repaired in another. The appetite is so much increased, and the functions of the skin and digestive organs so improved, that the loss of a little fluid by sweating has only a salutary effect. Fat is replaced by hard elastic flesh, and languor and debility give way to a state of cheerfulness and activity.

Great, however, as the remedial powers, of this natural means of relieving the body and throwing off disease, may be made, much injury has in many instances occurred from its abuse: more particularly when combined with the plunge-bath and douche. Mr. Mayo mentioned a case by letter to one of my patients, in which the most serious injury was suffered by the nervous system, and the brain put in imminent danger, by the misapplication of these powerful remedies. On my way to Graefenberg I was tempted to visit an establishment beautifully situated; fortunately I only remained ten days. I was sweated, plunged, and douched, regularly, and knowing little practically of the system at that time, I obeyed orders: the result was a serious aggravation of all my distressing symptoms. During a period of above twelve months that I continued the Water Cure, I did not sweat once, as a prescription, and most properly so.

It is necessary to bear in mind that it is not the mere pouring out of sweat that relieves or cures disease. What is desired to be done by the sweating process is to rouse the system to those efforts of cure which constitutes the peculiarity of treatment by the Water Cure. The sweat poured out is only an indication that these efforts have been made; in the same sense that the crisis is only an indication of similar efforts on a more continuous scale. Hence, if we find that the process taxes the patient's powers, and especially his head, it is proper for the first time or two to take him out of the blankets and use the bath, when a considerable heat has accumulated in the skin, and before any sweat has flowed. In this manner we are enabled to coax, as it were, the skin into sweating, without exciting the brain and nerves in a harmful way; for after a few trials of this kind, the skin opens and gives out its fluids, without any injurious straining of the system.

Another way to counteract the headache, which sometimes attends sweating, is to place a towel well wrung out of cold

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water, over the stomach and bowels, and then envelope the patient for the process. A brisk walk, or a light meal, taken two or three hours previously, oftentimes too curtail the process; but it is generally better to obtain the sweat without those aids; it is then more entirely the work of the system; there is less of forcing in it; it is more natural, and therefore more beneficial.

But if such helps as these for hastening the sweating be generally unadvisable, what shall be said of those means that are too commonly had recourse to, to procure a speedier perspiration? I allude to the use of hot air and hot vapor. Why, that they actually mar the aim of the treatment, failing to rouse the internal organs at all, and leaving the skin in an enfeebled and sensitive state. The truth is, that the heat which causes the sweat should be of the body's own accumulation, and proceeding from its innermost parts; whereas this air or vapor is artificial heat applied to the skin only, and going only skin deep in its effects. By Priessnitz's method the blood is driven to the surface; by the hot air vapor it is drawn to the surface from a very short depth; the consequence of which is that the diseased parts within are not benefited, inasmuch as they do not come into play at all; whilst the skin is relaxed, and its accumulated blood liable, on the application of the cold bath, to be driven in upon the internal parts which are not in so good a state to receive and react upon the shock.

A further result of this mistaken mode of forcing sweat is the actual decrease of the appetite instead of the increase of it, which follows that by the blankets; and on the back of this comes decrease of weight and strength as the ultimate consequence of the hot air vapor. It is the more necessary to dwell upon this point, as the practice is growing too common, out of the impatience of invalids, who may rest assured that it is a most ruinous economy of time to them.

The inhalation of hot and dry air, (such as patients are made to breathe who sweat in rooms in some instances raised to the temperature of 170° Fahrenheit) is in every way deleterious. It carries off all the moisture that ought to lubricate the wind-pipe and air passages of the lungs, and thus renders the mucous linings of those parts especially sensitive. Not only so, the immediate contact of the stimulating atmosphere with the sensitive lining of the air-tubes was never intended by nature, and the mucus is poured out for protection from such contact. Accordingly, this hot, dry air, by abstracting the moisture, tends to produce cough and sense of stricture about the chest.

This was the leading objection to the use of Arnott's *sauna* in chambers, as all may remember ; and it was a very valid one.

But farther, it is in complete opposition to the principles of the Water Cure to inhale heated air at all. Rightly proceeding on the doctrine that the blood is to be rendered healthy so as to permit the body to work its own restoration, the admission of pure cool air into the lungs for the purpose of oxygenizing that fluid is above all essential. Now, hot air being rarified, does not contain one half the oxygen that cold air does, and the blood consequently loses just by one half its vivifying and strengthening agency : the dark blood from the veins is not sufficiently changed by the air, and a blood unfit for the purposes of life is allowed to flow through the body, and especially in the BRAIN, where it congests, and produces the tense headache that attends the inhalation of hot air. The consequence of all which infallibly is, that when rheumatism, and one or two other complaints, are relieved by this hot air sweating, (and they have been so relieved,) their return may be relied upon ; no cure has been effected, because the very first principle of cure—the formation of a healthy, rich blood, to enable the body to effect its own restoration—has been sinned against. It is one of the abuses of the Water Cure that ought to be deprecated by all who understand that cure and wish its success.

THE WET SHEET.

THE application of a wet sheet, as it is used in the Water Cure, is, I believe, one of the most extraordinary and valuable remedies that has ever been discovered ; whether we look at it in its admirable effects, or the extensive range of diseased states to which it may be applied with benefit.

The bare idea, however, of lying in a wet sheet, staggers people more, I find, than any part of the Water Cure. There are many who believe that some of the processes of our treatment may be of service, and can imagine that water has some virtues, notwithstanding that it is only “simple water that we sometimes drink, and wash our face and hands in ;” but this strange idea of a wet sheet brings with it visions of damp beds

wretched inns, colds, rheumatism, lumbago, and death. It must be confessed, that it is but natural, that this should be the first impression, for a wet sheet and a damp sheet sound very much like each other,—a distinction without a difference; but notwithstanding the puzzle, the wet sheet, and its accompaniments, will remove and cure all the effects attributed to the “damp sheet,” or sheets.

When a person lies all night in damp sheets, the air not being completely excluded, and being at the same time more or less deranged in his internal economy, there is great danger that illness in some shape or other will be the result; the equilibrium of the vital functions has been interfered with, the insensible perspiration checked, and the nervous system put into an uncomfortable and irritated state. Priessnitz thinks (for a friend of mind asked him the question) that the alkali used in the washing has something to do with the unpleasant consequences; but there are sufficient reasons, added to those above mentioned, to account for the danger of sleeping in damp sheets, without the one mentioned by Priessnitz, even supposing it had anything to do with it. The wet sheet used as a remedy is something very different from a damp one; the one is dangerous, the other a life preserver.

It is an application which has often, and will full oft again, save many children's tears, many a father's grief, and mother's lamentation.

I shall now describe how it is made and applied, and its effects. A strong linen sheet is dipped in cold water, and wrung till no more water can be expressed without difficulty. At Graefenberg they have a good plan of doing this: the sheet is thrown round a pole, or round rail, and the two ends meeting, it is easily twisted into a cord, and the water wrung out; when this is done, the servant enters the room, and the patient jumps up; the bedding is thrown off, and a large blanket laid out on the mattress; on this the sheet is smoothly placed. The patient, lying down full length, nearly on his back, with his head as high as he pleases on the pillow, has the sheet wrapped round him, fitting close just above the collar bones, and down to the feet, which are included; the blanket is then quickly applied, by drawing first one side and tucking it in well about the neck, under one shoulder, and round the legs, and then the other side over in the same way as has been previously done with the sheet; additional blankets may be laid on if necessary, and a light feather or down bed is then placed over all, and we tuck in from the neck to the feet. In this state the patient is

allowed to remain for half, three quarters of an hour, or an hour. For about five minutes the sensation cannot be called very agreeable, but it goes off very quickly, and then it is anything but disagreeable, often very pleasant, producing a very soothing and calming effect. None of the heat of the body being able to escape, it is at first rapidly taken up by the cold sheet; if in a few minutes the hand be passed over the body and then applied to the sheet, the former will be found to be cold and the latter quite warm. Matters are now changed—the surface of the body is cool, and the sheet warm, and so the struggle goes on between the two, till both are warm; when this takes place, the patients take the cold or chilled, the half or full, bath as may be, dress quickly, turn out for a walk of an hour or so, and drink some tumblers of water, “and then to breakfast with what appetite they have.” The alderman that offered a ragged boy a guinea for his appetite would have given a hundred for such a one as this, and something more for the good digestion, and absence of apoplectic symptoms afterwards.

Independently of the calming effect that this mode of applying a wet sheet has on the nervous system and the internal organs, it has a great power in improving the tone and texture of the skin, increasing its reactive power, and lessening the unfavorable influence that cold and damp, or sudden changes of temperature have upon it. It has a peculiar effect on the pores, which is difficult to describe. The cold bath is much more agreeable, and taken with much less reluctance after the wet sheet, for it removes that state of the surface which produces a sense of chill or a slight shudder on the application of cold water; it prevents that dry or rough state of the skin which sometimes takes place from applying cold water frequently in the day and for a length of time. After a long journey, or travelling day and night, a wet sheet and cold or chilled bath remove every symptom of fatigue, and any disposition to cold or other inconvenience induced by exposure, &c.; all this can be done in an hour anywhere, and the individual finds himself renovated, and in a fit state to undergo any exposure or exertion. After a feverish night, awaking with headache, malaise, or in what is called a state highly bilious, let this process be gone through, using at first a shallow bath, with ten inches of water, at 65° or 70° Fahrenheit, and a good rubbing for five or six minutes, and when sitting down to breakfast with a keen appetite, gay and exhilarated, it will be acknowledged that the wet sheet is worthy of all praise and remembrance.

In the eruptive fevers of children, nothing can be more ad-

mirable than the effects of the wet sheet ; in scarlet fever, measles, and small-pox,—in gastric fever, or a tendency to convulsions ; in fact, in all their indispositions it is a perfect safeguard. An erroneous impression prevails that it would drive in eruptions ; the effect is precisely the reverse ; it brings all matters to the surface with certainty and promptness that is unequalled, and its own alone.

Scientific medical practitioners are aware that there are two ways of giving health and strength to a frame laboring under disease ; viz., by relieving the irritation of some particular part, which disturbs and oppresses the other organs ; and by directly giving tone to the really enfeebled body.

The curative and strengthening operation of the wet sheet mainly consists in the former of these ways. In all chronic, as in all acute disorders, there is one organ, or series of organs, whose irritation or inflammation proves oppressive to the other organs, and the cure is to be found in the reduction of this irritation. The fact goes far to explain the very extensive, almost universal, employment of the wet sheet in disease. Its extraordinary power in allaying irritation, is one of the most curious facts of the Water Cure, and of which it is really difficult to give a full and satisfactory rationale. When properly modified to meet the actual state of the patient, it may be said to be the most soothing application that can be administered to the external sentient surface. It may be compared in its calming effects to a poultice placed all over the body, but this is only stating a fact in other words. It carries off feverish heat, and this heat is employed in converting the moisture in the sheet into vapor ; so that the patient may be said to be in a steam bath of his own making. This warm vapor settling on the skin, makes it soft and moist, and is very often mistaken for perspiration ; but the wet sheet, used for the purpose of reducing irritation, is not, as a general rule, allowed to remain long enough to induce sweating,—which is a directly opposite process, and intended for a different purpose from the wet sheet. But whatever be the physiological principle upon which the wet sheet acts, it will be found during the treatment of most diseases by the Water Cure, an indispensable remedy, and one on which the practitioner can safely rely.

Being applicable where there is morbid irritation, it is an invaluable remedy in all internal and external inflammation, acute and chronic. In acute disease it is frequently changed, the patient not being permitted to remain in it longer than suffices to warm the sheet, which in fever, for instance, may be a quar-

ter of an hour or even less. It is thus changed several times consecutively, increasing the time as the heat is reduced, and the shallow-bath, cold or chilled, follows. In this process two evident effects are produced, an immense quantity of heat is carried off from the surface, the pulse becomes soft, and falls in rapidity.

After this, when the patient has been some time in bed, the heat on the surface again accumulates: but as the internal organs have been relieved, and the skin placed in a more favorable state for perspiration, this last commonly ensues, and nature relieves herself. Should, however, perspiration not take place, and instead of it, a return and continuation of the dry feverish skin, the wet sheet is recommenced as before; and so on every five or six hours perhaps. It should be remarked, that in complaints, which a high degree of fever accompanies, it is generally necessary to employ only three or more blankets for a covering.

This is the ordinary mode of applying the wet sheet in acute disease; and its application is only modified in frequency, according to the intensity of the feverish or inflammatory symptoms.

Among the advantages of this safe, simple, and refreshing means of reducing fever and inflammation, is that of not causing any actual loss of strength to the patient, as by bleeding and strong medicines, and, as a necessary result, it is not attended by long convalescence or debility. It may be compared to putting out a fire by throwing wine-glassful after wine-glassful of water on it, instead of raking out the coal and cinders. The fire by this gentle method has been extinguished without making a dust, or producing any injury to the surrounding furniture.

But in chronic diseases of long standing, a variety of modifications are called for, both with reference to the symptoms originally presented, and to those which arise in consequence of the Water treatment.

Patients often present themselves in whom the vital energy is so woefully lowered by long disease and bad nutrition, with bad blood, that any considerable amount of stimulus would prove too much for their powers. These persons would never at first get warm in a cold wet sheet, because, as this withdraws the animal heat from the surface, the internal parts do not possess vigor enough to labor to supply that which has been abstracted. The patient, therefore, remains cold and miserable, and is, moreover, liable to have the head congested and

headache follow on the wet sheet. In such cases—and they are to be judged of beforehand by close examination of the peculiarities of the patient,—it is expedient to wring the sheet out of warm water, and have it applied around the body at a temperature of about 70° or 75° ; a temperature which, as it does not suddenly abstract a large amount of heat from the debilitated body, gives the latter a smaller shock, and more time and opportunity to supply, by the action of the internal organs, that which has been lost on the external surface. Gradually, as by the aid of drinking water, and by the reduction of irritation by the sheet, the internal organs and the skin recover, and the patient acquires appetite and power of blood-making; the temperature of the sheet is then lowered until it comes to be applied quite cold, by which time the heat-begetting power of the body equals the heat-withdrawing power of the sheet; after which the balance is changed, and the body generates more caloric than the sheet can withdraw in the time usually given to laying in it.

This chilled or tepid sheet is an important modification of the treatment, and a very necessary one in a variety of bad cases. I am aware that Priessnitz does not use it, and that a non-medical practitioner of the Water Cure deprecates it, and has gone out of his way to abuse it. But it is not the less certain that every medical man of any professional accumen will see the propriety of adapting the activity of his practice to the organic activity of his patient,* and not run the chance

* In many diseased states, where cold water is not admissible, the application of warmth and moisture is a valuable remedial agent. By fomentations, properly used, many a patient in a prostrate condition may be brought gradually into a state to bear all the processes of the Water Cure with benefit. Priessnitz, who is considered an authority in the use of cold water, sometimes uses hot water. In a case that came under my observation,—that of the Duchess of Hanaultkeuting,—he ordered the legs to be put in hot water, up to the knees to relieve certain urgent symptoms for which cold water was found not to answer.

What, I would ask, could be done with cold water in the following case? (I may mention that I am at liberty to refer any one to the patient.) A gentleman about fifty years old, had acquired a large fortune by his own talents and exertions; but in doing so his constitution was nearly broken up. During the last ten years he had been in a state of constant suffering from the stomach and nerves. All the usual modes of treatment had been constantly tried in vain during this period, and he was at last incapacitated from any exertion. The evening he arrived at my house, he was carried to bed in a fainting state. On examination I found that he was literally reduced to skin and bone. The mouth and throat were covered with ulcers; one, the size of the thumb nail, had nearly eaten through the upper lip. There were symptoms indicating

of oppressing the already oppressed internal parts, when the whole object of the treatment is to relieve them from oppression, and thus give them opportunity of throwing off the chronic malady. Without any derogation from the well-deserved fame of Priessnitz, it may be right to qualify the practice he pursues, in cases where medical investigation is required to detect the actual powers of the body to be treated. Why should not a chilled sheet be used as well as a chilled bath?

For a similar reason, it is necessary in some instances to apply the wet sheet only over the trunk of the body, leaving the extremities, or at least the legs with the dry blankets around them. For there are persons whose organic energy may suffice to supply the surface immediately over the vital organs with caloric, but would fail to do so with regard to the limbs, which are more distant from the active centre of vitality. The sheet is then made to reach only to the hips; and this is persisted in until, as in the former instance named, the appliances of the Cure increase the amount of organic energy in the body generally. As this is in progress, more and more of the sheet is gradually applied over the limbs. As a general rule, it is better not to include the feet for the first few times of packing in the sheet; the exceptions being those individuals in whom there is either a great amount of feverish heat, or the nutrition of whose body has not been much encroached upon by long disease. This necessary modification is practised by Priessnitz to some extent.

It is not unfrequently necessary to exclude particular portions of the trunk from the operation of the wet sheet. Thus, in asthma, for example, the patient is oftentimes able to bear and

the existence of ulcers on the mucous membrane of the stomach and bowels. The heart and lungs were sound; the pulse fifty, weak and intermitting. Everything taken into the stomach caused pain, and he complained of a sensation of dying, and a feeling of sinking through the bed. For three weeks the patient could take little else than barley-water. For some time the principal remedy was a warm fomentation on the stomach and bowels, repeated three times a day for an hour, with rapid ablutions.

I must confess that I was for some days doubtful as to his recovery, as he was in too weak a state to be removed or to return home. By the use of the remedies I have mentioned, combined with absolute rest of all the organs,—he got into a state to bear a daily increase of Water Cure treatment,—and ended with a douche bath.

He is now quite well,—and when he meets with a virulent or unreasonable opponent of the Water Cure, he draws up his trowsers, and shows a strong and brawny calf, saying, “Look at this specimen of condensed water, six months ago it was only skin and bones.”

derives the greatest benefit from the remedy. A dry towel is placed between the skin of the front of the chest and the sheet; when otherwise he would be unable to get warm in it, and the difficult breathing would be most distressing. Where also the heart is nervously irritable, the same application of a dry towel over the region of that organ is found to render the sheet bath bearable and efficient for good; when the sheet becomes warm, the dry towel can be put at the side in some cases. But this only applies to nervous disorders of the contents of the chest; all inflammatory diseases, there, from a simple catarrh to the most serious states, require that the sheet should be in immediate contact with the surface of the chest.

There is no case in which this indirect application of the sheet to the stomach and bowels is desirable; it would seem that that part being the starting point of almost all ailments, both bears and requires the full operation of this most powerful and wonder-working agent in the Water Cure. The sheet will always be found first heated over this region.

The time in which it is necessary to remain in the wet sheet, must vary with the powers of the individual submitted to it. Suppose a patient to be forty or forty-five minutes before he feels thoroughly warm in it, it is generally advisable to leave him for an hour and twenty minutes, or an hour and a half from the first packing. The accumulation of warmth then produces sufficient circulating power in the skin to re-act upon the subsequent ablution in the shallow-bath or dripping sheet. Moreover, this slowness in warming in the sheet implies an inveterate degree of irritation and oppression in some internal organ, which therefore requires a full quantity of the soothing and derivative effects of the remedy in question.

When, however, the patient speedily—that is, in ten or fifteen minutes—gets thoroughly warm in the packing, an hour is the outside time requisite for him to remain. There are some cases where even this is too long, and they are known by headache, swimming, and sensations of fainting showing themselves. In these cases the irritation to be removed, not being of that inveterate kind which interferes with blood-making and heat-making, caloric soon accumulates, and to such an extent, as to cause the sheet to pass from its soothing to its irritating and depressing stage of agency; and the pulse falls so low as to cause irregular circulation in the brain, and the phenomena above mentioned.

Between these extremes of peculiarity as regards the action of the wet sheet, there are numerous shades. But to detect

any of them, and thus to obtain all the good available from the remedy, requires not a small amount of medical knowledge, and experience in the practice of the Water Cure.

As one great result of the wet sheet is to produce augmented and healthy secretions from the mucous membranes—especially the digestive—the state of those membranes should be accurately examined previous to ordering it and during its use. In the course of its employment, in a great number of cases, that portion of the mucous membrane which lines the ducts of the liver pours out a great quantity of bile and mucus, giving rise to the phenomena conjointly called “biliousness.” It is by virtue of this power that it effects such wonders in cases of inveterate constipation, with obstructed and turgid livers; and though this peculiar action is desirable in so many instances, there are others in which it is important to avoid it. Of those the practitioner must judge by the practice of his medical acuteness.

The secretory agency of the wet sheet alluded to, points out its impropriety,—or the care with which it must be used,—in all cases where the feebleness of the bowels readily leads to exhausting diarrhœa.

So long as there is internal irritation to remove, the patient goes on daily gaining power of speedily warming in the sheet, and the time for his remaining in it consequently diminishes. But when irritation is subdued, the wet sheet, if continued too long, tends to produce the symptoms of depression already mentioned; the patient does not feel comfortable in it, though it be warm; he gets out of it weary and weak; and his head begins to suffer.

From the few preceding observations, it may easily be imagined how admirably the effects of this remedy must be, in cases where there is constitutional irritation following surgical operations, or where the body has received any severe shocks or injuries.

Many suppose that the Water Cure is a lowering system of treatment, and that the wet sheet is intended as a lowering remedy. There is no doubt that it has this effect in some cases when too frequently repeated, and when its use is not properly regulated. The idea, however, of its being a lowering remedy, has arisen in a great measure from many persons loaded with fat, becoming thinner under its application; but as a general rule, the lowering is in weight rather than in strength; for instance, when the patient is bloated, encumbered with fat, and more especially if accompanied with a pendulous abdomen, the

packing in a wet sheet reduces weight rapidly, but it is fat only that is lost. On the other hand, in very many cases, weight is as rapidly gained by its use. A few weeks past a young lady left here, having gained twenty pounds in weight, in little more than two months. When she commenced the treatment with the wet sheet, she was thin and delicate.

Many curious phenomena take place in some patients by frequent use of the wet sheet; amongst the most singular is that of its becoming a beautiful rose color. This will sometimes continue for a week or two, then cease, and in a few weeks return again. In other cases, the sheet is found, when taken off the patient, after an hour's packing in it, to be glutinous, and to have extracted foetid matters from the skin.

The merit of the discovery of the wet sheet is, I believe, due to Priessnitz without any contestation, and had he claims to no further originality than this, it is enough to earn for him the thanks of all those who have experienced its benefits, and the honors with which he will be remembered by posterity.

Many suppose that he hit upon this novel application by accident, but there is no doubt that he arrived at it by a regular course of inductive reasoning. The wet compress applied to local injuries, to parts inflamed externally, to diseased skin, and over the seat of internal inflammation, acute and chronic, he had long used, before he thought of applying the same remedy in a more extensive form. Applied locally, he observed that it relieved the parts from heat and pain, extracted morbid secretions, and produced many other remarkable and salutary effects. Observing the hot and dry skin, the accompanying feelings of weariness and often of pain in fever, he must have said to himself, why not apply the same remedy to the whole body which I find so serviceable when applied to local parts laboring under heat, pain, &c. He tried it—and when he saw the result of the operation of the wet sheet in the first case of fever, I can easily imagine him to have cried out like Archimedes, “Eureka!” For a long time he only applied it to fevers and inflammations, but latterly he discovered that it was a valuable remedy in the treatment of chronic diseases; the use and extraordinary effects produced by it in these states, after a time opened his eyes more fully to the abuse which had been committed with the sweating process, more particularly when he found that in many cases the crisis was produced more quickly, and that the recovery was more complete and rapidly produced by the wet sheet, than by subjecting the patient to undue or unnecessary sweating; we find, as we go on, that

too much forced purging of any kind is bad, whether it be by the skin or by the bowels.

THE DOUCHE BATH.

THE douche is one of the processes of the Water Cure that requires much judgment in prescribing. Its powerful effects as a remedy has been known for ages, but it is only of late years that it has been fairly studied, its many valuable properties fully appreciated, and its application reduced to a rational system. The reason why this has been the case (and the same remark is applicable to other modes of using water) is sufficiently obvious. To obtain all the remedial action resulting from any one of the processes of the Water Cure, it is necessary that they should be used conjointly,—the effect of one hanging upon the other, and thus increased, lessened or modified, in their ultimate operation. Until the time of Priessnitz, no man of genius had devoted all his powers exclusively to the study; many had a knowledge of the virtues of certain applications of water; other physicians of great talent, learning, and experience, predicted what has since been established,—that water, from the varied effects it can be made to produce, is, as nearly as possible, an universal remedy, resembling many of our most potent drugs, including bleeding and blistering: but with this great advantage, that it is more certain in producing the effect desired, and not followed by the destruction and mischief which so often follows the long-continued use of strong medicines, whether drawn from the mineral or vegetable kingdoms; and the same remark applies to blistering and bleeding.

The douche is formed by a column of water, descending perpendicularly from ten to twenty feet, and from one to four inches in diameter. To prevent its separating into a shower bath, when the fall is great, it is necessary to conduct it through a tube for some distance in its descent.

The best time for taking this bath is after breakfast, from ten to twelve o'clock; it is used, however, before breakfast, and in the evening in certain cases, sufficient exercise being taken

beforehand, to produce general warmth and activity in the system. It should be taken first on the palms of the hands, followed by washing the face, head, and chest. It is then allowed to fall on the shoulders, hips, and loins, then the arms and legs may be subjected to it for a time. The stomach and abdomen must not be placed under it. The duration of this bath is generally from five to ten minutes.

When a patient is somewhat advanced in recovery, after a few minutes' application of the douche, the whole surface of the body assumes a beautiful deep rosy color, which lasts during the period of dressing; accompanied by a feeling of activity and well-being, producing courage in the mind, and strength in the muscular system, with an inclination to active movement.

There is slight apprehension at first when the splash of the descending water is heard, but after the first essay it goes off; nor does the patient ever willingly return from a large douche to a smaller one. Taking the douche is not attended by the disagreeable sensations experienced during a shower bath, and is looked forward to with pleasure.

The douche is a powerful auxiliary to the general treatment, but its use requires great discretion,—a careful inquiry into the state of the constitution of the patient, and a knowledge of the pathological state he may be laboring under. It puts the whole system into a state of activity and excitement, forcing the blood to the surface, acting on the stomach and bowels, and increasing the activity of all the functions. When used at the proper time, it forwards the crisis that the system may be preparing.

It is never applicable as long as any amount of local irritation exists; and to ascertain the exact point at which such irritation being about to cease, the system requires to be stimulated and aided in its efforts to throw it on the exterior, some tact and experience is required. If a patient be sent under the douche in whom there is an inflammatory condition of the stomach, for instance, this will certainly be exasperated, and the head will simultaneously suffer. For, as the shock of the falling water is first impressed upon the extremities of the nerves which proceed directly from the brain, it is conveyed immediately to the latter organ, which, sympathising strongly at all times (and especially in the supposed case) with the stomach, transmits to the inflamed digestive organ the shock itself received from the skin; and thus brain and stomach are thrown into disorder at once, and headache, tremblings of the legs, somnolence, and sometimes nausea, are induced.

For the same reason the douche is inapplicable in cases of

apoplectic fullness of the head, though not always so in congestive or atonic fullness of that organ. And great care is requisite in determining which of these states predominates. In pure congestion of the brain, unaccompanied with any inflammatory condition of the digestive canal, well-regulated douching is of the first benefit, and will prevent the palsy of the limbs, which more or less extensively follows, if it be left to itself. Whereas the same in apoplectic fullness, would in all probability hasten a seizure; and unfortunately such has been the result in some establishments where the advice of competent medical men has been dispensed with.

So also when that species of indigestion is present, in which the nerves of the entire abdomen have lost their power of controlling the circulation there, and now the liver, now the stomach, and again the bowels, are the seats of transitory inflammations, and the constant symptom is an irritated or depressed state of mind, the douche is rarely applicable, or requires to be used with reference to the passing condition as shown by the pulse, tongue, &c.; it may thus be beneficial to-day and injurious to-morrow, and the physician must exercise his attention and discrimination accordingly. Such cases are but too frequently those which come for assistance from the Water Cure, after seeking it for a long time in vain from other plans of treatment.

On the other hand, the douche is highly beneficial and may be freely employed when, by fomentations, wet-sheeting, and sitz-baths, &c., local inflammations of the mucus membranes of the digestive or urinary canals, have been subdued, and the tonic effects of the treatment alone are required. This is the reason why it is so seldom used in the outset of the treatment; for the inflammatory states in question form the basis of the great majority of diseases that are presented to the Water Cure.

Again, when the malady of the solid organs of digestion,—the liver, spleen, and sweetbread,—consists in a sluggish retention of blood in their substance, which impedes their function, and thus generates slowness and imperfection of digestion, torpid bowels, &c.; the state, in short, to which the term “obstruction” is commonly applied; in such cases, a stimulus applied to the extremities of the nerves, and transmitted through the whole nervous system, rousing the circulation, is what is wanted, and is well supplied by the douche.

When a similar state of “obstruction” exists, and has existed for a long time in some portion of the brain or spinal cord, maintaining a state of palsy of more or fewer of the voluntary

muscles; in palsy of some years' standing, and when the appetite and digestion are good, this application of the douche is of the first consequence. But, as before explained, there must be no local internal inflammation.

When more or fewer of the limbs have been stiffened by old rheumatism or gout, and the chronic inflammation and derangement of the digestive organs, which first caused this lamentable state, has been subdued in a great degree or entirely, the douche plays a powerful part in re-producing that action of the joints themselves, which affords the natural lubricating fluid in them, as well as rousing that action in the nervous system, which enables the muscles of the limbs to resume their function, and thus assist in getting the joints into play again.—Here too the internal inflammation must be first of all got rid of; in every case this is a *sine quâ non*.

In patients who,—from the devastating effects of mercurial or iodine courses,—have that portion of the nervous system which regulates the circulation and secretion, shattered, and the functions of digestion and blood making are rendered vicious, and the blood therefore impure and unfit to nourish the body in a healthy manner, the douche, by powerfully rousing the flagging nerves in question, and thus causing improved circulation and digestion, is essential; in conjunction, however, with other appropriate parts of the Water treatment.

Such is a very brief outline of the conditions of body which require or are opposed to the employment of this powerful agent of the Water Cure. Circumstances of the pulse, the nervous energy, and of the skin, may and do from time to time arise in the course of a general malady, which call upon the practitioner to use the douche for a few days and then stop; but it is impossible to detail those circumstances in any book, however extended; medical precision and tact, combined with experience, alone can appreciate them.

THE SHALLOW BATH.

THIS is a bath containing from ten to fourteen inches of water, and used in the bed-room; it may be cold, chilled, tepid, or warm, according to circumstances. It is the most useful

bath in the Water Cure as a general ablution. It has the advantages of being at the bed-side, and answering all the purposes of the plunge bath, without any of the risks and inconvenience that frequently, and in many cases, attends the latter. The shallow bath is either used alone, after the sweating process, or after the envelopment in the wet sheet. In this bath the patient is in a sitting posture, and remains from two to ten minutes, being employed in rubbing and washing the different parts of the person; the attendant performing the same office on the back. Once or twice during the bath, fresh water may be poured over the head and shoulders, or the patient may do this with a washhand jug, or a large sponge.

From the sitting position in which the patient is placed, the feet and hips are necessarily more cooled and powerfully acted upon by the water than the other parts of the body. After the bath, the determination of blood is greatest to the lower extremities, and the great nervous centres of the brain and digestive organs are relieved by their sympathy with these parts. By the general ablution and rubbing a chill is prevented, and the circulation equalized on the whole surface of the body.

When used alone, it is simply for the purpose of maintaining vigorous circulation on the surface, and the best time for taking it is on getting out of bed in the morning.

Employed after the envelopment in the wet sheet, it operates by indirectly fixing the circulation on the external skin. The wet sheet has the property of equalizing the circulation of blood when it is congested on the mucous membrane or in any internal part, and an increased quantity of blood flows towards the skin. But as the warm vapor, which has been for some time surrounding the body when enveloped in the sheet, renders the skin soft and sensitive, it becomes necessary to obviate this by stimulating the skin with water, and inducing a slight shock, the secondary effect of which shall be to send a rushing tide of blood to the surface, and render it independent of the external atmosphere. Thus the blood is first of all gently drawn to the surface, by the soothing and gradual action of the wet sheet and the vaporous warmth that is generated, the skin at the same time being rendered sensitive; taking advantage of which sensitiveness, you, in the second place, induce by friction in the shallow bath, a rush of blood to the skin; and by repeating this double process day after day, a healthy and equable circulation is induced throughout the body; the blood being at length permanently fixed in proper quantity in the skin, at the expense of the morbid excess which existed heretofore in the diseased

internal part. The more intense and great fixture of blood in internal parts is, the more frequently this process requires to be repeated and the longer continued. In some acute inflammations indeed,—as of the lungs or brain,—friction in the shallow bath requires in some cases to be persevered in for a length of time, after using quickly repeated wet sheets.

The temperature of the shallow bath, after one wet sheet, will be regulated by the considerations that have been noted when speaking of the wet sheet itself. (*See Wet Sheet.*)

As a sequel to the sweating process, the shallow bath is employed to obviate the relaxation of the skin which would infallibly ensue, were that surface merely dried after the outpouring of sweat by its blood-vessels. To these last the cold acts as a grateful and beneficial tonic and stimulant; but the secondary effect is still to fix a good quantity of blood on the exterior. The duration of the bath after sweating varies from two to eight or ten minutes. The temperature, as a general rule, is always cold; the frame that is suited for sweating being in most cases able to bear the common temperature of water.

For the purposes aimed at in using ablution and friction after the sheet or blankets, the shallow bath is in almost every particular preferable to the plunge bath. The plentiful friction produces an equally great and fixed circulation of blood in the skin; whilst the shock of the water being more gradually applied, no risk is to be apprehended of the brain suffering from the sudden and violent revulsion which accompanies the plunging up to the throat in cold water, the skin still glowing with heat. A physician should well examine his patient's powers and be well certified of the integrity and strength of his brain circulation, before he orders the plunge bath.

With the shallow bath and frictions the patient is completely under the control of the practitioner, and I am convinced by experience that all the remedial intentions are equally well fulfilled, without any of the risk of the plunge bath. A gentleman under my care last summer, (Sir J. M—,) told me that he had suffered severely by going into the plunge bath; he used the shallow bath here with the greatest benefit. Even where the plunge bath is used, there is no use to prescribe it for gentlemen far advanced in years.

With the shallow bath the practitioner has immense power over the circulating and nervous system of the patient. I have seen several severe cases of apoplexy completely cured by its

nse. In a letter to Lord Alfred Paget, Lord Lichfield relates a bad case of apoplexy cured by Priessnitz, a short time before the letter was written.

THE SITZ BATH.

THIS bath is a most important part of the Water treatment, and the occasions for its employment are to be found in almost every disorder whether acute or chronic.

When seated in the bath, the water should reach to the navel, and the patient must use friction to the abdomen, from time to time with the hand. A tumbler of water should also be placed at the side, and a portion taken at intervals; it adds to the refreshing effects of the bath.

The sitz bath is used either as a tonic or a derivative. In the former case it is taken cold, and for a time, varying from five to fifteen minutes, seldom exceeding the latter period.

The rationale of its operation in this character is sufficiently simple. The stimulus of the cold causes the blood vessels of the part and neighborhood to which the water is applied, to contract and thereby rid themselves of any excess of blood: and as this stimulus has not been carried to a great extent, there is very little subsequent return of relaxation in those vessels; still there is some; and it is for this reason, that it becomes necessary to apply the stimulus again after short intervals; short sitz baths always require frequent repetition, sometimes as often as six or seven times in the twenty-four hours. It will appear from the above, that the short or tonic sitz bath, is applicable in all cases where there is an enfeebled or congested state of the parts contained within the hips, for instance, in excessive menstruation, leucorrhœa, loss of muscular tone, and protrusion of the lower gut, &c., &c.

It is, however, more especially for its derivative effect that the sitz bath is most frequently employed. The class of disorders for which such effect is desirable, is far more numerous than those in which the tonic result is wished; and it includes some phases of brain congestion, obstructions of the liver, congestion of the stomach and its nerves, stoppage of courses, and

constipation of the bowels,—diseased states which include all the forms of digestive and nervous complaints. Here the stimulus of the cold is applied so long that the blood vessels of the parts contained within the hips, after a violent tonic contraction, fall into a state of great consequent exhaustion and relaxation, whereby a great quantity of blood is admitted and retained in them. The result is doubly advantageous ; for first, a mass of blood is drawn from the upper organs of digestion, the liver, stomach, &c., and even from the head, whose obstruction and congestion it therefore relieved ; and secondly, this blood so made to congest in the lower organs of digestion and in the genital and urinary organs, secretes the matters peculiar to those parts, and thus the bowels are made to act, and the monthly evacuation of females is removed, and the functions of the kidneys and bladder is promoted.

The temperature at which it is fit to take the sitz bath is important. Its tonic effect, as already explained, is best, and indeed only obtained by the cold degrees, that is, under sixty degrees. The degree at which to obtain the derivative effect will vary with the organic capabilities of the patient, and these the physician must ascertain by previous investigation. It must also have reference to the patient's power of taking exercise after it ; for if he remain cold for want of exercise, the tonic and not the derivative result will ensue, and it has been shown that the cases for these are diametrically opposite. Patients in a very low condition of vital activity, but in whom it is desirable to produce derivation of blood to the lower organs of digestion, should in the first instance be submitted to water of a tepid temperature or nearly so, and the degree should be lowered as the strength increases. The amount of derivation in such event is not so great nor so permanent as when water at forty to fifty degrees is used ; but a judicious practitioner will suit his remedies to his patient's power, and not go by blind rules. The Water Cure is the cold water cure only in time and place, and where the individual peculiarities permit, or the patient has been brought into a state to benefit by it.

The sitz bath is a powerful antispasmodic ; it removes flatulence, colic, and vomiting, of the most violent and obstinate nature. In the treatment of dysentery it is an invaluable adjunct, &c.

THE WET SHEET BATH, OR DRIPPING SHEET.

THIS is used as follows:—The sheet is steeped in cold water, and wrung just sufficiently to prevent its dripping too much. In this state it is thrown over the patient, who, embracing the fore parts with his arms, and hands, commences rubbing his chest, face, and fore part of the person, at the same time that the attendant pursues the same process on the back, loins, and lower extremities. This may be continued for two or three minutes, or more, when it is replaced by a dry sheet, when the same thing takes place, till the patient is well dried. This is an excellent portable bath, very useful as a daily ablution, and very convenient in travelling. It is always followed by a pleasing general warmth, approaching a glow, and has great advantages over the usual mode of washing. By its daily use, it renders the surface less sensitive to changes of temperature, and removes the disposition to take cold. After the first instant, it is not a disagreeable application.

In some cases it is repeated frequently in the day, and may be made a powerful stimulant and tonic. It is a very refreshing application, and carries off feverish heat.



THE HEAD BATH.

THE patient lies full length on a mattrass or on the floor; a dish, containing about four inches of water, is placed so that the back part of the head rests in it; the head is sometimes turned on the right, sometimes on the left side, as may be indicated. This bath lasts from five to twenty minutes.



THE FOOT BATH.

THIS bath is taken in a vessel containing from two to five inches of water, and continued from five to twenty-five minutes, according to the effect wished to be produced. During the

period one foot must be rubbed against the other, or an attendant must use friction with hands. The brain and the great nervous centre at the pit of the stomach, sympathise strongly with the feet. I have seen a violent attack of hysterics, attended with insensibility, removed in three or four minutes by the cold foot bath. This bath is of great use in the Water Cure.

THE ELBOW BATH.

THIS is taken in a basin containing from six to ten inches of water. It is of great service in injuries and diseased states of the hand. It may continue from ten minutes to half an hour or longer. To illustrate the use of this bath, I may mention a duel with sabres which took place at Gracfenberg, and at which I was requested to give my assistance. One of the combatants, after a severe wound, lost his presence of mind, and instantly put out the left hand to defend himself; he immediately received two cuts down to the bones, one on the wrist, and the other across the palm of the hand. He was taken to his room in a fainting state, and after the surgical part of the business, a wetted compress and bandages were applied, and the elbow was then placed in a basin of water. The patient soon experienced a diminution of pain, and in twenty minutes, declared that he was hardly conscious of the existence of the wounds. In the evening there was some cerebral excitement, which was removed by a sitz bath. The next morning he was enveloped for an hour in the wrung sheet; it produced the most tranquillizing effect, and freed the patient from some irritative fever. All the wounds healed rapidly, and without any pain, drawback, or confinement.

THE WET COMPRESS, OR BANDAGE.

SOME of the phenomena resulting from the continued application of water by means of the wet compress and bandages, I

am sure would not be credited by many, without ocular demonstration. It was in a great measure by using their "charmed water" that the number of "miraculous cures" we read of in past times were performed.

Dr. Macartney, the late Professor at Trinity College, was the first in Great Britain to call attention to the admirable effects of water applied in this way. He called it his "water dressing." Mr. Liston, of London, and Mr. Symes, of Edinburgh, two of the first surgeons of the day, have adopted it, in preference to all lotions and ointments, in the treatment of wounds, ulcers, &c.

The application is of two kinds—one, in which the wet linen, when applied, is left exposed to the air, producing a cold or a cooling sensation, by the free evaporation of the moisture which it contains, or by renewing it frequently. The other, from which the water is completely wrung out and carefully protected from the air by a covering of dry linen. This is a warm application, all free evaporation being prevented.

The first of these, or the cold fomentation, is used when there is active superficial inflammation going on. It reduces the heat, and diminishes the quantity of blood sent to the part. It is applied to the head when there is a determination of blood, inflammation, or delirium. It is assisted by the partial baths, and wet sheet. It is used in compound fractures, and all cases where a lessening of action, or the prevention of inflammation is indicated.

The second, or warm fomentation, is the most soothing application that can be applied to the external sentient surface. In lacerated wounds, and other injuries, ulcers, &c., it has the most healing influence of any application known.

The heating compress or fomentation is usually applied to the abdomen in the treatment of nearly all chronic diseases, more particularly where there is diseased action going on in the liver, stomach, bowels and kidneys, or in the large ganglionic nerves behind the pit of the stomach. It is used in the following way:—A bandage sufficiently broad to reach from the pit of the stomach, to an inch or two below the navel, and long enough to meet when passed round the abdomen; after being dipped in cold water, it is wrung as nearly dry as it can be; over this, a dry bandage of thick linen is applied sufficiently tight to be comfortable to the patient. This is worn in some cases day and night, and renewed when the wet bandages become dry, or every two, three, or four hours, as may be required.

In some cases, where there is great want of reactive power,

it is better to confine the wet part to the front of the abdomen. In some instances it produces hysterical symptoms in delicate and excitable females; in such cases, if it be otherwise necessary to wear it, it should be kept on only for an hour or two at a time, or wear it only while walking. By this management, the nervous system of the digestive apparatus becomes gradually accustomed to its action.

Compresses are worn on the chest for cough; around the throat for different forms of sore-throat; on the nape of the neck for inflamed eyes, &c., &c.

When this continued fomentation or poultice has been applied for some time, it draws to the skin and general covering of the abdomen, any undue action in the lining membrane of the stomach and alimentary canal, reducing the irritation or sub-inflammation; also by its soothing and sedative properties, and the renewed reaction on the skin each time it is replaced; it regulates the bowels, by increasing the peristaltic motion, and facilitating the expulsion of fæces. It relieves heart-burn, spasms, and the train of symptoms accompanying bad digestion. After a time, more especially when there is a tendency to crisis, the bandage, when washed, is found to be saturated with different secretions from the skin, making the water thick and turbid. And frequently a curious phenomenon takes place, which has not yet been explained. After the bandage has been worn some weeks, there is a secretion thrown out on the skin of the stomach and abdomen, of a beautiful dark blue color; this continues for a week or two; sometimes ceases suddenly for weeks, and returns again. It is of frequent occurrence, and I have always found it of precisely the same color. As yet I have only seen it in bad dyspeptic cases, and where mercury had been taken at some previous period.

This water-dressing is applied to eruptions, and different kinds of local affections that appear during the crisis, to gouty hands and feet, &c.

After a time, various forms of eruption appear on the skin, from which exudes a glutinous liquid, accompanied with a strong, disagreeable odor. Medicinal substances formerly taken are sometimes detectable in the secretion in question.

Similar phenomena take place on the application of compresses around the different joints. The smell and color of ointments and other applications that had been used a long time previously are brought out by the compresses.

A patient under my care, in whom some of these striking effects occurred, was visited by Mr. Travers, an eminent and one

of the most scientific surgeons in London. In this case there was suppuration took place in the knee-joint, and when it had pointed and had nearly reached the surface, the bandages were found to be marked all over with yellow matter, although the skin was perfectly whole. This continued for some weeks, and the swelling disappeared.

There are a number of circumstances which guide in the application of the compress as a remedy for immediate and local uneasiness, or for the general disorder. Into these the character of this work does not allow of entering upon.

DETAILS

OF

THE WATER CURE.

WATER DRINKING.

WE now come to those details which more immediately operate in changing the quality of the blood; and these are water drinking, food, air, and exercise.

A great number of cases—of nervousness, for instance—depend on irregular distribution of blood alone. In such, large quantities of water are decidedly injurious, they augment the nervousness tenfold. In another set of cases—those with blood tending towards the head—they are decidedly dangerous. Again, when the patient has a very irritable pulse, and is constitutionally a person of vivid sensations, large water drinking is rarely admissible. From three to six tumblers daily are the limits in such instances as the above; and that should be taken in very divided quantities, a wine-glassful at a time being often as much as is good. In all these cases, as well as in some of the worst instances of nervous indigestion, the great centre of the nutritive nerves is so exquisitely sensitive, that the shock of even half a tumbler of cold water upon the stomach is transmitted to the brain and there causes giddiness, confusion, nervous aching, &c., and this the more certainly the lower the temperature of the water. On this account I have now and then raised the water to 55° or 58° , when the drinking of it was indispensable, until the nerves of the stomach became more able to bear the natural temperature; and have been consoled for the heresy therein implied by the benefit therefrom

obtained. For, as the external remedies derive from the interior to the exterior of the body, the stomach becomes less sensitive, and both the temperature and the dose may be carefully increased. This stimulating property of cold water taken internally should always be kept in mind. Most of those who know nothing, but assert a great deal, about the water cure, say that water drinking lowers the powers of the body, whilst many professors of the water cure order such extravagant doses of it as to make one think they consider it a very weak agent. Both err in not recognizing the stimulating character alluded to, and which requires due apportionment to individual cases. The cold of the water stimulates the blood-vessels of the mucous membrane, and expels the blood from them. For this reason it is that it is necessary to drink some water after every bath, this last always causing a flow of blood, for the time, towards the internal membranes, to remedy which, cold water is drunk and exercise taken immediately. Indeed, without these precautions, the external processes would fail in half their good effect, or be positively harmful. But if the blood-vessels of the mucous membrane are excessively irritable, this stimulation by the cold may cause violent reaction in them, and thus actually increase the quantity of blood in them. Here, then, is a reason for care in the quantity of cold conveyed by the water to the stomach. Further, the cold of the water stimulates the extremities of the nerves which come from the brain and spinal cord to the muscular coat of the stomach, and convey sensations to and from those parts. The result of this stimulation is contraction of the muscular coat, and this contraction constitutes hunger, one of the well-known consequences of cold water drinking. But here, again, if too much cold be applied, this contraction will amount to spasm of the stomach, an event I have witnessed in not a few instances of persons who treated themselves by certain Water Cure treatises, which record the wonderful effects of wonderful imbibitions of cold water.

Added to the stimulus of cold is the stimulus of weight, which so heavy a liquid as water cannot fail to afford; and together with the weight, the bulk should be considered. It is true, that absorption of the water speedily takes place; but it is more or less speedily, according to individual peculiarities. Very many sufferers from nervousness and nervous indigestion will give marks of very slow absorption, by rejecting a portion of the water after an hour or more. Absorption is quickened by exercise: but if the patient be distressed by too large

a quantity of water taken at once, exercise becomes a painful or impossible thing to him. Between the inordinate stimulation of cold and of weight and bulk, the stomach distresses, and almost paralyzes, the brain and seat of the will; whereas, if taken in proper quantity, water is one of the most effectual sustainers of the animal nervous system and of locomotion; many persons, whom walking before breakfast would distress, are enabled to do so with comfort and alacrity by taking small draughts of cold water. Here, then, is another reason for discriminating in the prescription of water drinking.

Supposing the water absorbed and carried into the circulating blood, it then proves a stimulus to every capillary blood-vessel in the body. It thus quickens the great functions of nutrition, of deposit, and of waste, which are carried on in these minute and mysterious extremities of the wondrous circulating system. Quickening their office, it also quickens that of the great centre—the heart, and the pulse becomes more rapid with copious water drinking. But as a large proportion of the capillaries of the body exists in the brain and spinal cord, their increased function in those organs proves a source of augmented nervous phenomena, the sensations becoming generally more vivid, and processes of digestion, &c., going on in the viscera being felt, which the brain had previously failed to recognize. Some excitation of the nervous system is unquestionably unavoidable in the course of rousing the self-restorative power of the body; but the exposition I have briefly offered of the mode in which water drinking operates on the nervous and circulating systems may warn persons, as yet uninformed of the science of the Water Cure, from the folly and hazard of prescribing or taking the huge doses of water which were at first thought and taught to be essential in all cases of disease.

Still, as I have all along repeated, there are cases of torpid, obstructed function, in which it is both safe and necessary to prescribe copious water drinking. In these, nothing short of considerable stimulation of the nervous and circulating systems by the cold, the bulk, and the action in the capillaries implied by the water, suffices to bring into play the conservative power of the body. But there is nothing to fear for the head or heart in such cases; the functions of both are far too much oppressed to be suddenly driven to the other extreme. Yet in no cases is it desirable to swallow the twenty or thirty tumblers before breakfast which we are told are so delightful and refreshing; it is to be hoped they were tumblers of short measure.

From what precedes, it is plain that water should be drunk in that state of the stomach which best fits it to receive and to transmit its stimulus, as well as to absorb it most readily. If the stomach does all these readily, a smaller quantity of water produces an equal result with a larger quantity, in a less favorable condition of the stomach. When the stomach is empty, and has been so for several hours, its nervous as well as its absorbent energy has accumulated, and the water stimulates, and is absorbed with alacrity. When the brain has been at rest for several hours, it and the whole nervous system are in the best state for receiving stimulation from the stomach. Accordingly, these conditions obtaining for both organs in the early morning, after sleep and before breakfast, that time is best fitted for water drinking, the principal portion of which should therefore be practised then. In other parts of the day, for a like reason, water should be taken three or four hours after meals, and after every bath or process whatever. Exercise of some sort should follow the drinking, in order to promote absorption. If very much heated with exercise, the water should be drunk very slowly. In most cases of mucous indigestion, a tumbler of very cold water taken in sips an hour and a half after a meal, or even earlier, assists the stomach, heated and jaded by the process of digestion, in its laborious function: this is the only exception that I am aware of, to the rule of drinking with the stomach empty.

AIR AND EXERCISE.

As in the preceding article, so in this, I am compelled to animadvert on the indiscriminate rule, or rather no rule, that has been imported into this country. Of air, indeed, it may be said, that an invalid cannot have too much, provided it be of the right temperature and hygrometric quality; seated or exercising, let him take as much as he pleases. But this is not the climate for such happy combination of atmospheric qualities, and to thrust all patients alike into all winds that may blow is heroic, but may prove hurtful to some of them. Still, anything like "coddling" should be avoided; patients should have abundance of air, and it is only necessary to regulate well the outgoings of asthmatic, pulmonary, and certain neuropathic per-

sons, who should especially avoid east and southeast winds and night air. The morning air, like the morning sun, is the finest in its operation on the nervous system, and that system is then in the best position, after sleep, to receive its influence. The walk before breakfast is therefore the most requisite of any in the day. The air of town is inimical to the cure of chronic disorders, except some rare instances of that protean disease, asthma. That of hills is the best, because the most dry and the most stimulating; and it thereby affects the greatest changes in the blood. Low situations, and even high situations with a clayey, retentive soil, mar very much the curative process.

The air of rooms in which patients under the Water Cure sit, should never, even in the winter, exceed 55° or 58° ; and even lower is desirable. That of their bed-rooms should be ten or fifteen degrees lower, and indeed can scarcely be too cold. When the body is warm with bed-clothes, air at 35° or 38° is much more conducive to sleep than that at 65° or 70° , to which temperature some persons raise the atmosphere of their bed-rooms. Everybody, (especially excitable neuropathic invalids) sleeps better in winter than in summer.

With regard to exercise, it must be regulated entirely by the state of the patient's nervous system, and by the food he takes and digests. If there be none of that nervousness which begets trepidulousness of mind and body, and if the stomach allows of the digestion of a fair quantity of meat and other nutritious articles, the patient ought to walk a good deal in order to dissipate the nervous energy and the aliment. To tell persons to live low and take constant exercise, or, on the contrary, to feed them highly and keep them on the sofa, with the view of strengthening them (as I have known to be attempted,) is an absurdity of which one would imagine an educated physician incapable, did we not hear sometimes of the injunction to "walk, walk, walk," being laid indiscriminately upon all patients alike. Only consider what parts are drawn upon in the act of walking. You bring into play the seat of the will, the brain, and spinal cord; examine, therefore, what is the condition of those parts, whether it be one of irritation and excessive function, or of oppression and deficient function; if the former, you most unquestionably increase the irritation by exercise of the will in long walking, just as you would inflame your eyes by prolonged use of them; if the latter, you do right to urge the will into action, in order to overcome the oppression. But when you excite the brain and spinal cord by walking, you excite, by sympathy the great organic centre at the digestive or

gans ; so that it behoves to consider the state of those organs, whether it be one of irritation and excessive function, or of oppression and deficient function. Now it so happens, that these conditions of the digestive organs correspond with similar states of the brain and spinal cord, and that therefore the same rule, as regards exercise, applies. Thus, in nervous indigestion, it is not well to take long walks or great exertion, for stomach and brain are acutely sensitive ; whilst in congested liver torpor, pervades both it and the seat of the will, which should therefore be exerted in a strong and prolonged manner. Not only so ; exercise wastes the blood and the nervous energy of the frame, and whence is a fresh supply to come ? From the food which the stomach is to digest. But if the stomach cannot digest much food ? Why, then you must not waste that which the food and blood supply more quickly than they can renew it. And this brings me to the proposition with which I started, that the amount of exercise must be regulated by the nervous energy, and the quantity of food taken and digested. I know it is proposed, and in some places acted upon, to eat a great deal, to walk incessantly, and to employ an immense quantity of the roughest portion of the Water Cure, in all cases. Very possibly this succeeds ; but I know it cannot succeed without a vast amount of disagreeables to be borne by the patient ; and I also know that cure is obtained with a regulated amount of those means, and free from the greater part of the disagreeables.

With this rule, regarding exercise, the practitioner will determine whether walking, riding, or driving, be the appropriate form of it, and the amount of each. It is only necessary to add here, that in all cases where the patient's limbs are in condition to walk at all, more or less of that exercise should be taken after each bath ; or failing the capability of walking, artificial exercise, in the shape of considerable friction of the limbs, should be practised.

DIET.

Some writers on the Water Cure have made a boast, that no restrictions in diet are required in that mode of treatment. There can be no doubt, that in the Water Cure, the appetite

and digestive powers augment so rapidly, that at an early stage of the treatment food can be taken more freely than in other plans of treatment: all the appliances have that tendency. But, on the other hand, experience gives me no room to doubt that, by appropriate regulation of the diet to each case, restoration is secured in much less time, and with much less of that constitutional tumult which harsh practice rouses. Accordingly, I have to forbid some patients the use of animal food three or four days in the week, and others for a week together: to some I forbid all puddings, even farinaceous, after meat: to others all vegetable matter but bread, &c. All this is subject for weekly or even daily change; and it is impossible to lay down rules applicable to all cases. Two facts I have particularly noticed, that in some instances of digestive disorder the stomach tolerates best stimulating food, which contains a good quantity of nutriment in a small bulk, such as meat, bread, beans; and that in other instances it is advisable to avoid food of concentrated stimulus, and take that which contains smaller amount of nutriment in a larger bulk, as is the case with vegetable matters. As a general fact, it may be said that nervous disorder of the digestive organs is less tolerant of bulk than inflammatory disorder; nothing oppresses a nervous dyspeptic so much as a mass of vegetable matter; whilst animal food, put into an inflamed stomach, causes local pain, and exquisite restlessness and distress generally. The practitioner, therefore, has to determine the particular state of the digestive organs, and then choose between nutriment in a small space, which stimulates by its concentration, and nutriment spread over a large mass, which stimulates by its bulk. Again, as to quantity, he must be especially careful on this head, as on it depends the amount of exercise and of water processes. Here, again, it is idle to attempt a general recommendation, except it be that it is safer to be under than over the mark. In no part of the physician's office is more acuteness, firmness, and precision required, than in this affair of diet. Persons who would shrink from the utterance of an untruth in all other things, do not scruple to evade and deceive in this; as if conscious of the extremity of mental feebleness displayed in the incapability of resisting the desire which babies and brutes gratify without control. When in good health and strong exercise of body, it matters little as to the kind of food which man takes, nor is it desirable to starve; that would place him in the worst condition for resisting the causes of disease; and there is some truth in the lines,

“Gross riot treasures up a wealthy fund
Of plagues, but more immedicable ills
Attend the lean extreme.”

But when the “plagues” have arrived, it behoves to act upon the rule of giving the stomach—the centre and sustainer of all plagues—as little to do as possible, compatibly with the support of the body and with the amount of its exertions, and thus afford it the best chance of recovering itself; which, as I have all along said, is the only recovery worth obtaining. This rule, then, excludes all things that minister rather to the palate than to the body’s support; but there are a great many good things among those which a patient in the Water Cure, and who eats only for the sustenance of his organs, may take. To show this, I append a list of lawful articles of diet, and I maintain that it ought to suffice for all except those to whom “*in solo vivendi causa palato est*,” who live but to eat, instead of eating to live. But lest things not mentioned should be construed into lawful, I subjoin a list of articles which are unlawful

DIET TABLE FOR PATIENTS UNDER WATER CURE.

I. THINGS PERMITTED.

SOUPS.—Plain beef, mutton or chicken broth, or with the addition of carrots, young peas, cauliflower, rice, vermicelli, semoule, sago, pearl barley, or other farinaceous substances, but without other condiments than salt. These to be taken only under peculiar circumstances of sickness.

FISH.—Turbot, soles, cod, haddock, whiting, mullet, trout, pike, and perch, simply boiled, and eaten with a little plain butter, may be taken occasionally.

MEAT AND ANIMAL PRODUCTS.—Beef, mutton, lean pork, veal, venison, roebuck, hares, fowls, turkeys, pheasants, partridges, woodcocks, but not the trail, and, indeed, game of all sorts when not too old, nor too long kept: the meat may be roasted, broiled, or stewed in its own gravy, with a few carrots, turnips or potatoes—further, good fresh butter, mild and tender cheese occasionally, and fresh curds.

VEGETABLES AND ROOTS.—Asparagus, artichokes, spinach, cauliflower, young cabbage, sea-calc, French beans, young peas, tender beans (but not the skins,) carrots, mild turnips, parsnips, beet root, potatoes, rice, macaroni, with gravy or milk, but without cheese.

CONDIMENTS.—The only condiments are salt, sugar, vinegar

and lemon-juice. The two latter, with young neats, chicken and fish only.

SWEETS AND FRUITS.—Plain puddings of milk with eggs, flour, bread, rice, vermicelli, macaroni, semoule, sago, arrow-root, or other farinaceous substances, eaten with butter or sugar, or the fruit of pies or puddings, to some ices—further, well-ripened pears, grapes, raspberries, gooseberries, strawberries, oranges, and even apricots, peaches and nectarines occasionally, remembering always to reject the skin and fibrous parts.

DRINKS.—Water, toast and water, barley or rice water, and sometimes milk, milk and water, weak black tea, almost cold.

II. THINGS PROHIBITED.

SOUPS.—Soups of all kinds, unless made expressly for the patient, under peculiar circumstances of sickness.

FISH.—Eels, salmon, salmon-trout, mackerel, herrings, sprats, and white-bait—all sorts of salted, pickled, smoked, or potted fish—turtle, oysters, lobsters, crabs, crawfish, prawns, and every kind of shell-fish.

MEAT AND ANIMAL PRODUCTS.—Ducks, geese, and the flesh of very young animals generally—meat or game pies and puddings—all pickled, salted, smoked, or potted meat, forcemeat, and sausages of all descriptions—butter not perfectly fresh and good, strong or decayed cheese, hard-boiled eggs, and honey.

VEGETABLES AND ROOTS.—Succory, scorzonere, lettuces of all kinds, water-cress, mustard and cress, sorrel, celery, radishes, cucumbers, leeks, onions, mushrooms, and truffles.

CONDIMENTS.—Mustard, pepper, cayenne, ginger, nutmeg, mace, cinnamon, cloves, allspice, caraway seeds, saffron, lemon and orange peel, laurel and bay leaves, bitter almonds, orange flower water, mint, thyme, sage, parsley, fennel, horseradish, shalots, and indeed every species of spice—all fish and game sauces, catsup, pickles, and other similar compounds.

SWEETS AND FRUITS.—Rich pastry and dumplings in general—all puddings, creams, preserves, jellies, comfitures, marmalades, all fruits not perfectly sweet and ripe, and in general all stone fruits, melons, apples, currants, nuts, walnuts, filberts, and almonds.

DRINKS.—Wines, spirits and liquors of every kind—so also negus, punch, bishop, and similar compounds—porter, ale, beer, spruce or ginger beer, soda-water, seltzer, or other mineral

waters, all effervescing draughts prepared from powders, lemonade or other acid beverages—coffee, green tea, strong black tea, aromatized chocolate, and butter-milk.

Still, it must be repeated, that all tables of diet are general, and that the judicious and attentive practitioner must prescribe a diet for each patient. There are a few suggestions, however, which, not referring to articles of food only, apply to all who are undergoing the water treatment:—

1. Eat slowly, and chew your food well; otherwise you leave the stomach to do the duty of the teeth as well as its own, besides failing to mix a sufficient quantity of saliva with the food, which plays an important part in digestion.

2. Drink no hot liquids: tepid are the next best: and cold the best of all: in fact, unless on special occasions, all liquids to be drunk should be cold.

3. The less you drink of anything at meals the better: not because the liquid dilutes the gastric juice, as some have said, but because it gives a stimulus to the secretory vessels of the stomach, different from that of the dry aliment which is the right stimulus, and the consequence is likely to be the secretion of an improper gastric juice.

4. After eating, let as little excitement as may be proceed from the brain and spinal cord to the stomach, as it may interfere with digestion. Therefore, remain seated, if in the air, the better; or if you move, let it be slowly. For the same reason, avoid all subjects which are a strain upon the mind: take the thoughts of others in books of easy reading, rather than exert your own.

5. Let five and a half or six hours intervene between the three meals of the day: and let the last be a scanty one. Two hours and a half should elapse between the evening meal and bedtime. And the same time, at least, after any meal before any Water Cure process is practised, except foot baths, which may be taken as soon as you please. Sweating may be practised an hour after a meal.

6. Avoid fruits at all times, except before or at breakfast. Dessert of any kind is inadmissible. It is better to avoid tea altogether, but if it be taken, it is safer at breakfast than in the evening, the day being before you: whereas it might make the night wakeful.

7. About two hours after a meal, especially dinner, the stomach being heated and jaded with digestion, is pleasingly

stimulated by a small tumbler of very cold water taken in sips, as you would take wine. It gives a fillip to the muscular coats of the stomach, which then contract, and expel any air that is disturbing that organ.

Wine and all alcoholic liquors are among the forbidden things in the table. For a man who has appetite enough to eat a dinner of fish, flesh, fowl, and sweets, to add to these stimulants that of four or five glasses of wine, day after day, is one of the most preposterous conventionalities that social extravagance ever invented. And yet to see the solemn regularity with which it is done, one might fancy it was an act of superlative wisdom, instead of the stale routine of an absurd and injurious custom. Put it in this way: either the stomach has appetite, and does not require the stimulus of alcohol to make it digest, or it has not appetite, and should not have food put into it to digest. Where, then, is the necessity for the daily wine-bibbing? Besides, the stomach will only bear a certain amount of stimulation, and if it receives it from the wine, it is unable to receive it from food also; so that the digestion of the latter is materially interfered with by the former, and the appetite for the stimulus of aliment diminished in proportion as that of alcohol is applied. But it is an old tale to repeat the numerous arguments against a foolish custom, for which there is but one argument—that it is a custom. Of one thing I am convinced, that it is less injurious to drink a bottle of wine once a week, and be sick after it, than to keep up a slow, smouldering irritation of the stomach, by two glasses of the same wine taken with stupid precision every day “when the cloth is removed.”

If such is my creed regarding vinous liquors for those who are in apparent health, the reasons for avoiding it in those whose viscera are a focus of irritation, as in chronic disease, will be potent, and need not be detailed. I would not let the opportunity pass of expressing my belief in the infinitely superior wisdom of abstinence from alcoholic liquids under ordinary circumstances of health and disease. But were the case one of extreme exhaustion from loss of blood, or any other depletory cause, or from excessive hysteria, I should not hesitate to administer any wine or spirit that was nearest; they are, strictly speaking, medicinal means of ready application, and, as such, may be wisely employed in time and place; but healthy men, and men with chronic disease, do not require medicinal means every day after dinner. Yet there are men

silly enough not only to take a nauseous pill of drugs before dinner, but this more pleasant, but equally deleterious draught of physic after dinner!—Strange infatuation!

CLOTHING.

THROUGHOUT this work it has been shown that the essential of all chronic disease is excess of blood in the internal organs, to the detriment of the circulatory activity of the exterior of the body, of the skin especially. On this fact the whole treatment described in the preceding pages is based, and it renders the clothing of the body a thing of some importance. It is an aim to bring to, and fix in the skin, a quantity of blood which shall both diminish the excess within, and render the skin more able to react upon external agencies, cold, damp, electricity, &c. Now this is not to be done by concentration of heat about the skin: the more you exist in a hot atmosphere, or in a mass of fleecy hosiery, washed leather and triple coats, the less able does the skin become to re-act upon cold, and the more, therefore, does that cold tend to drive the blood from the exterior to the interior, and increase the congestion of blood there. It is said that all this excessive clothing is to keep out the cold: but, in this most unsteady of climates, at least, the thermometer varies from 5° to 20° in a day, and can it be said that the same amount of clothing is necessary in both temperatures? On the contrary, the very excess of covering at the higher temperature, renders the skin exquisitely sensitive to lower temperature, which comes on, very frequently, in half an hour; if the clothing is only enough at 60° , what is it at 45° ? or if it be just enough at 45° , how excessive and enfeebling must it be at 60° ! To keep the skin in active warmth by a quantity of under clothing, is a most fallacious and injurious attempt.

But further, a considerable amount of the waste of the body is effected by the skin, and such waste cannot go on without free contact of the atmospheric air; contact which is materially prevented by the mass of garments alluded to. The consequence is, that materials are retained in the circulating blood which ought to be expended at the skin, and, by their retention, prove a source of disorder to the organs in general. For such waste and elimination the presence of blood in the skin is no

cessary, as well as that of air upon it: and it is therefore essential, on this score also, to fix blood there.

Lastly, we have to consider the enormous number of nerves, having their centre in the brain and spinal cord, which are spread over the skin, and conveys sensations thence to the brain. When the skin is imperfectly supplied with blood, and not reactive, all chances tell painfully upon these nerves, and in that manner keep the brain in irritation from that source. Now, a steady state of the cutaneous nerves cannot be obtained without ensuring a good and fixed supply of blood to the skin.

On every score, then, it is desirable to avoid all clothing which shall have for view to keep the body in a state of artificial heat. The skin should be made independent in this respect; its warmth should be the result of the chemical changes actively going on in its actively circulating blood-vessels: and its nerves should be able to throw off, by the re-action of the circulation, those sources of irritation which its subjection to them proves so disordering to the brain and spinal cord. In speaking of the wet-sheet packing I have endeavored to show it quiets the brain by withdrawing the skin from all irritating sources.

From all this it may be inferred, that exposure of the skin to the free access of air is an essential part of the Water Cure, and that therefore the application of much warm under-garments is not to be practised. But here, again, reservation must be made regarding the organic capabilities of each patient; what is excess of clothing to one may not be so to another; and to withdraw the flannel jackets of every one who begins the treatment, simply because he is a water patient, is a blunder of routine which would materially thin the number of the practitioner's successful cases. Look at the number of patients who have not blood enough to supply the exterior as well as the interior of the frame; in such you cannot bring the blood to the surface until you have made more of it: the attempt to do it by trusting to the re-action to be produced on the admission of air to the bloodless skin, is enough to annihilate some of those fragile individuals. Look also at the numbers of patients who, although they have blood enough, have it centered in the chronic irritation of the interior, and who, besides, have had the skin hermetically sealed by flannel, or silk, or leather, for twenty or thirty years; to strip them of those coverings simultaneously with the commencement of the water treatment, is a rashness that would be punished by the exasperation of the internal irritation into active and dangerous inflammation. Ac-

cordingly, I make it a practice in similar cases not to interfere with the clothing until the appliances of the Water Cure have wrought such change in the body's organic state as to render certain the power of the skin to generate its own sufficient warmth without the necessity for retaining it by a quantity of under clothing. This period varies in individuals, and I frequently allow several weeks to pass before attempting a change. It must always be remembered, that a prolonged feeling of physical misery, such as the abstraction of warm clothing is apt to beget, is a state of malaise to the brain, which therefore re-acts unfavorably on the rest of the body ; and I hold that a patient who suffers so much in that way, derives as much injury from the miserable feeling as he can possibly derive good from the free access of air to the skin. You must fill the skin before you give it increased work to do.

Again, when you do begin to withdraw clothing, it is well to do so piecemeal, especially in such cases as I have indicated. In a climate like that of America, with its varying barometer and thermometer, it appears to me more reasonable, if additional clothing be necessary, to heap it in the shape of outer garments, which may be donned and doffed with the vicissitudes of the atmosphere. In withdrawing the under clothing from delicate patients, it is often well to substitute some outer covering when the temperature requires it, at evening or early morning, until the skin is wholly able to support itself.

When, however, a full-blooded patient presents himself for treatment, with, it may be, apoplectic fulness of the head, active irritation of the liver, or some similarly conditioned malady, in which it is necessary to reduce the whole quantity of blood, as well as re-distribute it, I have no hesitation in withdrawing the flannel clothing at once and entirely. There is then no fear that the air will withdraw more heat from the surface than the interior can afford to renew ; and we also advance the process of waste by the skin, which, in such cases, it is desirable to obtain.

In any case, when once the withdrawal of extra clothing is judiciously effected, it aids materially the progress towards recovery ; it is both an evidence of past improvement, and ground for more and more rapidly-acquired improvement in the future ; the reasons for which are to be found in the commencement of this article.

HABITS OF LIFE.

When the nervous system of an individual has been long habituated to the application of certain stimulants, and to the impressions of certain circumstances at certain periods of the day or hour, and when, with these, his health has gradually deteriorated and become seriously compromised, the withdrawal of these periodical stimulants, and the alteration of these periodical circumstances, become an essential part of a plan of medical treatment which is professedly hygienic. As in the medicinal plan of treatment, the vulgar and half-educated practitioners alone put their whole trust in the drugs that are prescribed; so in the water treatment, he has a very narrow and vulgar idea of it who thinks that recovery is effected by the bathing and water drinking alone, and leaves untouched the habits of the patients. It is not the mind alone that is the creature of habit, but every sentient twig of a nerve, and every irritable capillary blood-vessel of every tissue of the frame. Let a man who has hitherto lain in bed until 8 A.M., be roused at 6 A.M., it is not his brain only that is effected by the change, but his appetite for breakfast is altered—he is thirsty, feverish, shivering; his aptitude for his avocation is diminished, it is more laborious to him: as a consequence, he cannot eat his dinner so well, and so on through the day, and perhaps several days of disagreeable revolution. The altered impression on the animal brain has told upon the organic centre at the stomach, and thence has changed the organic action of the whole frame. Gradually, however, both animal and organic systems of nerves accustom themselves to the new order of things, to the impression of light, sound, locomotion, &c., between the hours of 6 and 8 A.M.; and inasmuch as it is more in accordance with the wishes of Nature, as exhibited in the human body, that sleep should not be prolonged far into daylight, this new arrangement of time for rising eventually, proves a wholesome, although at first an unpleasant one. In this, as in the remedial treatment of disease, we are obliged to refer to Nature, and make all our art consist in repeating her dictates and imitating her staring facts. For, look at the man who lives most closely according to her promptings; he goes to bed early, because he is tired; he gets up early, because his brain will not sleep any longer; he works, because his own hunger and that of others dependent on him urge him; he eats, because he

is keenly hungry ; and, last not least, his stomach digests well, and his brain sleeps soundly, because the cares, scramblings, envy, and slander of conventional society are not his. He lives, as nearly as can be done in a country calling itself civilized, after the manner of Nature, and he gets his reward in the riches of health.

Now the sufferer from chronic disease who strives to rid himself of it by the means of the Water Cure, must condescend more or less to the natural habit of life. He must learn to rise early, and to walk or work so as to gain appetite : when this appetite is acquired he must eat, whether the hour be fashionable or not : and he must go to bed early from the motive of fatigue alone. And he will do all this in a very short time and find pleasure in it, and look back on the former habits as on a fevered dream. Let any one measure the time it took to fall into the bad habits, and he will find that it takes a much shorter time to fall into the new and good ones. And this process is expedited by the various details of the Water Cure which have been passed in review ; each one, when properly applied, adding to the alacrity, impressibility and re-active energy of the nervous systems, in which and by which, habits are formed and changed. Allusion has been already made to the facility with which water patients abandon, not by degrees, but immediately, the stimulus of wine, without experiencing any disagreeable want. The same applies to previous habits of all kinds. They are to the invalid a sort of stimulus, a stimulus which his nervous system expected and responded to at certain times, and flagged or fidgeted if they were not applied at those times. The man who has been in the habit of dining at 7 P.M. with all the forms, strong lights, liveried servants, two or three courses (though he, perhaps, only eat of one,) and one or many guests, discovers when he is deprived of them, that all these accompaniments of eating were actual stimulants to his nervous system, and that he cannot eat without them ; one course the fewer, the absence of a guest, or even wearing a morning instead of an evening dress, makes all the difference in the happiness and the appetite of this creature of habit. From such wretched slavery as this, he may be emancipated almost immediately by the applications of the Water Cure, and with little or no suffering to the nervous system. For a few days, he will feel a little queer, as if "somehow there was something somewhere wanting," but the withdrawal of internal irritations, and the stimulation of water applied to the extremities of his nerves, and conveyed to their centres, very shortly

affords to the latter a sustaining action, which fully compensates for that which the previous injurious habits had supplied.

In this manner, the Water Cure becomes a means of eradicating unwholesome, and of planting healthful habits in those who submit themselves to it. Nor is this confined to the body. How frequently have I seen persons, who were dying of emui in the midst of the stimulating gaieties of London, find the day all too short in this quiet village of Malvern! I have seen men, whose jaded and morbid minds could previously take no nutriment save the garbage of English and French novels, devour the strong meat of History and Biography with keen and large appetite. And I constantly remind my patients that the treatment is renovating their minds as well as bodies, ridding them of the silly wants and unmeaning necessities which were in part the cause, in part the effect, of their physical disorder. Doubtlessly, much of this is owing to the removal of that disorder which takes the weight off the mental function. But in all chronic disease, there is more or less loss of volition, which can only be roused by the necessity for acquiring some good habit; therefore, although it were not directly essential to the body's health to impose certain rules of life which require exertion of the will, inasmuch as they differ from previous habits, it is well to insist upon them for the sake of their indirect operation on the nervous system of the body; I am convinced that the mere necessity of undergoing some process three or four times a day, aids those processes in bringing about the general result of health. And so far from this derogating from the credit due to the Water Cure, I think it rather exhibits the philosophical character of that treatment which thus acts on mind and body simultaneously.

With this general view of the operation of habits of life, and of the necessity of altering them, under the *régime* of the Water Cure, it is unnecessary to enter into extended details: and I shall only schedule a few of the more important habits to be dropped and to be adopted.

Early rising should be practised: the sun, the air, the exercise, and the water drinking are all more beneficial than at any other part of the day. No water patient should be in bed after 6 A.M.

The longer the patient is in bed before midnight the better, due time being allowed since the last previous meal. Physiological experiments countenance the old saying, that "an hour's sleep before twelve o'clock is worth two after it."

He should learn to sleep on a hard bed: for excessive heat

excites the nerves of the skin, and these convey the excitement to the brain, which thus becomes dreamy or restless. Six hours' sleep is enough for excitable persons: phlegmatic and impassible persons require seven or eight hours. If you have had either of these quantities, resist further sleep: the second sleep is seldom refreshing, and rather disturbing to the brain.

Avoid hot rooms, easy chairs, and lolling on sofas: all these take from the energy and the volition of the nervous system.

In order to keep the nervous system in wholesome play, let all the day be accurately divided by baths, packings, walkings, readings, &c., and let each division be rigidly adhered to and made a point of honor. In short, make a business of the whole treatment; a business with a great aim at the end.

Avoid extensive correspondence by letters, especially with commiserating friends. It so happens, that most friends express themselves more anxious about your health than about their own: *pour faire valoir* which anxiety, they usually give you dismal pictures of your condition, and add warnings about the "dreadful Water Cure." Attend to the Water Cure, since you have undertaken it, and not to your friends.

Besides alcoholic stimulants, give up the scarcely less deleterious stimulus of tobacco, in the shapes of snuffing and smoking. Both tell injuriously on the nerves of the stomach as well as on the brain. In the German Water Cure establishments the patients smoke; they also eat sourkroust and heavy pastry: and, it is said, they get well. Be it so: but, I repeat, business-worn Englishmen are not heavy Germans, and could not safely bear the rough treatment which the indulgence in these hurtful habits obliges in order to overcome the malady. Nay more, I defy any one to cure a nervous disorder or a shattered constitution whilst the patient is allowed to snuff or smoke tobacco. I would have no patient who refused to give it up: the physician should control, not pander to, his patient.

Other precepts regarding habits are suggested by individual cases, into which it is too long to enter in a volume. The above are of general application: and, for the rest, it suffices to state that all habits which strain the nervous system on the one hand, or allow it to become torpid from want of employment on the other, are to be avoided.

ANSWERS TO OBJECTIONS

URGED AGAINST THE

WATER TREATMENT OF CHRONIC DISEASE.

THE accusations advanced against the Water Treatment, are first stated at the head of each section, and then answered. As most of them have been made by medical practitioners, generally of the apothecary kind, it is well to mark, that the chief refutation of them is drawn from authors who deservedly stand high in the estimation of the medical world, whether of the drug or water persuasion—authors whom mere apothecaries never read.

1. "THE WATER TREATMENT EXHAUSTS THE ANIMAL
HEAT."

From this very absurd proposition, we might appeal to the patients who have been treated at Malvern. The great majority of them arrive here with the skin so exquisitely alive to any the smallest decrease of temperature, that, in some cases, we found fires blazing in their rooms in the month of August. The same sensitiveness is testified, and indeed maintained, by the accumulation of flannel, silk, and soft leather, in which they are clothed on their arrival here. How is this to be accounted for? And how is it to be explained that, after a longer or shorter trial of the Water Cure, these same patients go out into all weathers, in early morning and at night, throw aside their multiplied under clothing, and defy rain and snow, and keen

frost? We propose, in answer, to turn to the pages of an authority which our medical brethren will scarcely gainsay.

Referring again to the doctrine of LEIBIG, given when addressing ourselves to the question of "thin blood," and which makes the vital activity consist in the transformation of the elements of the food into the blood, this again into the solids and secretions, and these again into blood, containing carbon and hydrogen, to be consumed by the oxygen of the atmosphere;—we find in the work of the same learned author, that the source of animal heat is attributed to the same process of consumption of the carbon and hydrogen of the food by the oxygen of the atmosphere. He says:

"The mutual action between the elements of the food and the oxygen, conveyed by the circulation of the blood to any part of the body, is the source of animal heat."

This being established, let us next ask by what means this heat is maintained under varying circumstances. And let the same author answer:

"In the animal body the food is the fuel; with a proper supply of oxygen we obtain the heat given during its oxidation or combustion. In winter, when we take exercise in a cold atmosphere, and when consequently the amount of inspired oxygen increases, the necessity for food containing carbon and hydrogen increases in the same ratio; and by gratifying the appetite thus excited, we obtain the most efficient protection against the most piercing cold. A starving man is soon frozen to death; and every one knows that the animals of prey in the arctic regions far exceed in voracity those of the torrid zone.

"In cold and temperate climates, the air, which is incessantly striving to consume the body, urges man to laborious efforts, in order to furnish the means of resistance to its action, while in hot climates, the necessity of labor to provide food is far less urgent.

"Our clothing is merely an equivalent for a certain amount of food. The more warmly we are clad, the less urgent becomes the appetite for food, because the loss of heat by cooling, and consequently the amount of heat to be supplied by the food, is diminished.

"If we were to go naked, like certain savage tribes, or if in hunting or fishing we were exposed to the same degree of cold as the Samoyedes, we should be able with ease to consume ten pounds of flesh, and perhaps a dozen of tallow candles into the bargain, daily, as warmly-clad travellers have related with astonishment of these people.

“According to the preceding expositions, the quantity of food is regulated by the number of respirations, by the temperature of the air, and by the amount of heat given off to the surrounding media.”

To apply this. Our “warmly-clad” patients come to Malvern without appetite, and afraid of the slightest cold air. We subject them to the action of cold air, by causing them in due time to throw off their warm clothing: we further subject them to the action of cold water applied to the skin in the shape of baths;—and, lo! in a few days they get an appetite! How this comes to pass, let the above quoted paragraphs say. We defy the whole medical fraternity to disprove the truths they contain.

Well, then; behold the patient with an appetite,—in other words, with the capability of supplying carbon and hydrogen abundantly to the blood; behold him taking exercise, and thus augmenting the number of his respirations, in other words, supplying oxygen to meet the carbon and hydrogen which his appetite affords; behold, in consequence of the mutual action of these elements, an increased rapidity of supply and waste, of vital activity and chemical combustion,—AND THEREFORE AN AUGMENTED AMOUNT OF ANIMAL HEAT.

But it may be said that all this applies only to the operation of external cold, and affords no argument against the assertion that the drinking of cold water abstracts the animal heat. This is true, as far as the mere withdrawal of heat is concerned: but the ultimate effect on the increase of food taken, and of oxygen consumed, and therefore of animal heat generated, still holds. Hear LEIBIG again:

“The cooling of the body, by whatever cause it may be produced, increases the amount of food necessary. The mere exposure to the open air, in a carriage, or on the deck of a ship, by increasing radiation or vaporization, increases the loss of heat and compels us to eat more than usual. The same is true of those who are accustomed to drink large quantities of cold water, which is given off at temperature of the body, $98\cdot5^{\circ}$. It increases the appetite, and persons of weak constitution find it necessary, by continued exercise, to supply to the system the oxygen required to restore the heat abstracted by the cold water.”

What can be more confirmatory of the philosophical principles on which the Water Cure proceeds than this proposition of so justly distinguished a writer? And every word of it is practically proved on these Malvern hills, where, by exercise in the open air, after the various processes of the treatment and

drinking water, the capabilities of taking food and of resisting cold are gained for those who heretofore possessed neither.

To hear the absurdities uttered on this subject, one might be led to imagine that the evolution of animal heat was a process carried on to a very scanty degree in the human body, and that the quantity of it generated in twenty-four hours in an adult man, would be utterly expended on the water of the shallow and hip-baths taken in that period. The non-professional reader will, therefore, be surprised at the following statement, made on accurate experiments undertaken by natural philosophers of the highest character.

"According to the experiments of DESPRETZ, 1 oz. of carbon evolves, during its combustion, as much heat as would raise the temperature of 105 oz. of water at 32° (the freezing point) to 167° , that is, by 135 degrees; in all, therefore, 105 times $135^{\circ}=14207$ degrees of heat. Consequently, the 13.9 oz. of carbon, which are daily converted into carbonic acid in the body of an adult, evolve $13.9 \times 14207^{\circ}=10747.3$ degrees of heat. This amount of heat is sufficient to raise the temperature of 1 oz. of water by that number of degrees, or from 32° to 197509.3° ; or to cause 136.8 lbs. of water at 32° to boil: or to heat 370 lbs. of water to 98.5° (the temperature of the human body;) or to convert into vapor 24 lbs. of water at 98.5° ! If we now assume that the quantity of water vaporized through the skin and lungs in twenty-four hours amounts to 48 oz. (3lbs.,) then there will remain, after deducting the necessary amount of heat, 146380.4 degrees of heat, which are dissipated by radiation, by heating the expired air, and in the excrementitious matters."

Why here is heat generated by one individual in twenty-four hours, almost sufficient to boil the water in which he bathes, and that which he drinks! And yet persons calling themselves educated medical practitioners and physiologists, talk about the Water Cure "exhausting the animal heat!"

Should, however, the reader desire to learn the most effectual way of destroying the power of generating animal heat, let him pursue the plan which so many shivering patients who come to Malvern have followed. Let him drink spirits and wine, eat condiments, swallow purgatives, and especially mercurials, take "a course of iodine," and, as an occasional interlude, lose a little blood; and we stake our reputation that he will shiver to his heart's content, and find himself many degrees lower in the scale of Fahrenheit than cold water, cool air, early rising, and exercise can possibly place him.

2. "THE WATER CURE DESTROYS THE TONE OF THE STOMACH."

Is it the cold of the water imbibed which destroys the tone? How then comes it to be given, by universal consent, in fevers, where the tone of the stomach is already low enough? Is there a physician in these days bold enough to assert that warm water destroys the tone of the stomach less than cold? Where is the tone of the stomach in gout? Yet from HAYDEN downwards, cold water is the recognized beverage for gouty persons, Dr. PEREIRA tells us that the drinking cold water "facilitates the recovery of epilepsy, hysteria, and fainting, and alleviates gastric pain and spasm;" and further, that "large draughts of cold water have sometimes caused the expulsion of intestinal worms;"—effects which, we submit, it could not have produced, had the cold water had the result of "destroying the tone of the stomach." He also states, that "ice-cold water, or even ice, when swallowed, causes contraction (certainly indicative of increased tone) of the gastric blood-vessels, and thereby checks or stops sanguineous exhalation (certainly indicative of decreased tone) from the mucous membrane of the stomach:" that on taking ice, or ice-cold water, "temporary contraction of the alimentary canal is produced: that a feeling of warmth follows that of cold in the pit of the stomach, and quickly extends over the whole body, (so it does not exhaust the animal heat!) accelerating somewhat the circulation and promoting the secretions of the alimentary canal, of the kidneys, and the skin." Finally, the same elaborate writer says of cold water, that "it is a vital stimulus, and is more essential to our existence than aliment." In all which we are at a loss for any signs of destruction of the stomach's tone.

Is it by dilution of the gastric juice that cold water impairs the tone of the stomach? The last cited author seems to think the affirmative, when he says, "Water serves at least two important purposes in the animal economy; it repairs the loss of the aqueous parts of the blood, caused by the action of the secreting and exhaling organs; and it is a solvent of various alimentary substances, and therefore assists the stomach in the act of digestion, though, if taken in very large quantities, it may have an opposite effect, by diluting the gastric juice." Unfortunately for the truth of this proviso, with reference to the Water Cure, no medical man practising it as he ought to do would prescribe cold water to be drunk "in very large quanti-

ties" at a meal, nor for two hours at least afterwards; on the contrary, not more than a small tumbler should be taken whilst eating. And, as regards copious drinking of it when the stomach is empty,—in the early morning, for instance, when it is especially recommendable,—we have the best authority for saying, that no gastric juice at all is secreted in the stomach, until the natural stimulus of nutritious aliment is applied to its cavity,* and therefore no dilution of it can take place, and no diminution of tone thence be caused.

Lastly, is it by its bulk that cold water impairs the tone of the stomach? If the six or eight tumblers of water, imbibed by a person before breakfast, all remained in the stomach unabsorbed, its bulk would probably irritate the stomach to the point of vomiting, and the exhaustion of the stomach subsequent on such effort, frequently repeated, might induce atony of its coats, as repeated vomiting from any cause tends to do. But this cannot take place in the course of the Water Cure; first, because its practice does not countenance the taking of more than one tumbler at a time, and insists on exercise in the intervals between each; and, secondly, because it is well ascertained that the absorption of water by the stomach is a surprisingly rapid process, "all drinks," according to Dr. BEAUMONT, "being immediately absorbed, none remaining on the stomach ten minutes after being swallowed." We heard a medical practitioner, who had seen a case similar to that of St. Martin, (a perforation from the surface of the belly into the cavity of the stomach,) say, a short time ago, "that the sucking up of water by the coats of the stomach, resembled the manner in which rain is taken up by the burning sands of a desert." And all physiological investigation proves that the empty stomach has amazing vivacity of function in this particular. For the rest, we are contented to refer again to the words of LIEBIG, that "large quantities of cold water increase the appetite;" and to the daily exhibition of this fact in our patients. And we therefore contend that *that which augments the appetite of the stomach cannot be destructive of its tone*. It were well for mankind, had they no more effectual way of destroying the tone of the stomach than by drinking wa'er!

* Case of Alexis St. Martin, in Dr. Beaumont's "Experiments and Observations on the Gastric Juice and the Physiology of Digestion," p. 96. Edinburgh, 1833.

3. "THE WATER CURE PRODUCES DROPSY;" and
4. "THE WATER CURE INJURES THE KIDNEYS BY INDUCING EXCESSIVE HEAT."

WE place these opinions in juxta-position, in order that the reader may form some idea of the anilities which mere prejudice is capable of uttering. Here are two states: one supposing a want of action in the kidneys, the other an excess of action in them. How in the name of logic can both acknowledge an identical cause? Yet both are gravely asserted to arise from drinking water! Let us endeavor to place those who hold by the retention of the water in the body, and those who assert its too rapid exit therefrom, at ease on both points.

Two kinds of dropsy are described by all medical writers on the subject: that which arises from inflammatory, or some analogous action in the seat of the dropsical collection (the chest, belly, or the cells underneath the skin:) and that which ensues upon obstruction of the circulation by reason of disease of the heart, the lungs, the liver, the spleen, or some of the large veins of the body. Of late years, it has been shown by BRIGHT, CHRISTISON, GREGORY, OSBORNE, MARTIN, SOLON, and RAYER, to be connected in some instances with a particular organic disease of the kidney; of which we shall by and by say more. With whatever condition, however, of the dropsical part the disease may be allied, one fact is invariable in the history of dropsy, viz., the diminished action of the kidneys, and therefore the diminished quantity of fluid evacuated by them; a diminution of which patients in the Water Cure, we venture to say, never yet complained. Referring to the dropsy connected with local inflammation, we find the greater number of authors attributing it to suppression of the perspiration, or of any of the natural secretions and discharges, and to the driving in of any eruption. Referring also to the dropsy dependent on disease of the heart, lungs, liver, &c., we find all medical writers explaining this by the stoppage of the circulation in consequence of obstructions in those organs, and the subsequent congestion of blood and effusion of its watery parts in some of the cavities. But in all the treatises on this disease, from HIPPOCRATES downwards, the medical or the non-professional reader will seek in vain for the use, or even the abuse of water as a cause. It is true that many of the older writers tortured their dropsical patients (who are always thirsty) by forbidding liquids; but every practitioner is now well aware of the

absurdity, and even injury of the restriction, which, however, still obtains as correct with very many of the laity. Upon this erroneous and injurious notion, the opinion that "water drinking causes dropsy" is calculated to play, as they who emit it well know. But would any educated practitioner venture, in a case of dropsy, to act upon such a notion, and debar his patient from as much water as he chose to drink? We opine that he would be pointed at as an ignoramus and scouted by his brethren for his utter want of scientific and practical knowledge. If, then, the free taking of water be not conducive to the increase of dropsical disease, when the kidneys and skin are carrying off liquids imperfectly, how should it produce dropsy when both the kidneys and skin are acting freely—nay, carrying off more than the usual quantity of fluids by virtue of the exercise enjoined in the Water Cure? The proposition carries absurdity on the face of it.

But we further maintain, that in those cases wherein the dropsy is attributable to obstruction of circulation in the liver, spleen, or sweet-bread, the copious drinking of water, aided by the other applications of the Water Cure, is a powerful agent in the cure of dropsy. If there be a diseased state which our plan of treatment is more especially calculated to remove, it is to be found in that obstruction of the liver and other solid organs of digestion, which, in the majority of instances, gives rise to dropsy. Of the removal of such obstruction, we have already given the rationale. And inasmuch as in the case before us, the dropsy is attacked in its source, and the torpid liver, &c., put into action, we have good reason to prefer the Water Treatment before that which only aims at stimulating the kidneys by all kinds of irritating diuretics, leaving the original seat of the mischief in the liver to take its chance, or, possibly, to be deteriorated by those very diuretics (calomel, colchicum, squill, and so forth) applied to the stomach.

This leads us to the consideration of that species of dropsy which is connected with the organic disorder of the kidneys denominated "granular disease," and described by BRIGHT, CHRISTISON, and others. When it is alleged that the Water Cure causes disease of the kidneys, we are not aware that particular allusion has been made to this "granular" condition;—very probably, they who pronounce the opinion never heard of such a condition. But as medical writers have never yet spoken of any other state of the kidneys as productive of dropsy, we conclude that the disease in question is the one intended to be seen through the haze of prejudiced ignorance which sur-

rounds this opinion. If the authors who have published on this subject are to be relied on (and they comprise the most respectable names in medicine,) the causes of the complaint in question are, 1, suppressed action of the skin; 2, drinking of spirituous liquors; 3, the employment of stimulant diuretics; and 4, courses of mercury. But none of them allude in any way to copious dilution with water as a cause.

With regard to the suppressed action of the skin, it can scarcely obtain in the Water Cure, where the increased action of that important surface forms a prominent feature, and where-in sweating is a principal agent. On this last, indeed, Dr. OSBORNE places his greatest reliance in the cure of dropsy: asserting that "sweating being accomplished, the disease, if free from complications, never fails to be removed."

Neither do spirituous liquors figure in the Water Cure, which may, therefore, *quoad hoc*, be declared guiltless of causing renal dropsy. Why do not our medical brethren, who utter warnings about water and dropsy, raise their voices on the subject of spirits and dropsy? for all the writers above cited speak of spirit drinking as the most fertile cause of this kind of dropsical disorder, which, according to Dr. BRIGHT, destroys not less than five hundred persons annually in London alone.

Then, as regards the employment of stimulant diuretics, they enter not into the simple pharmacopœia of the Water Cure. Dr. OSBORNE states, that these medicines, as squills, cream of tartar, and even the diuretic salts, are not guiltless in contributing to the production of this disease of the kidney; and that by over-stimulating the kidneys, they become the means of stopping the urinary secretion, and inducing the renal disease and its consequences. And Dr. GREGORY, in his report of cases, says, "that the most remarkable diminutions in the urinary secretions took place after the administration of squills and cream of tartar:" evidently pointing to their effect in exasperating the malady. Further, in quoting these authors, it is necessary to remark, that they speak of the "stimulant diuretics," and particularize some of them, as above. The laical reader will understand the force of this when he learns that diuretics are classed by physicians into the "aqueous" and the "stimulant," the latter including the saline, the acrid, the oleaginous, &c. It is not probable that accurate writers should have passed over the "aqueous" diuretics had they been detectable as a source of dropsy from the cause in question; the rather as, besides simple water, these include the infusions of simple herbs and grains, copiously imbibed. So that, taking

authority of a high character, that terrible agent, water, does not produce dropsy so frequently as those pleasant medicines, squills, colchicum, &c.

Lastly, a reviewer in the *Edinburgh Medical and Surgical Journal*, (supposed to be PROFESSOR CHRISTISON,) accuses mercury of causing diseased kidney leading to dropsy, and alludes to Dr. BLACKALL's observations to the same effect. He says: "Two decided examples, if not more, we have seen, in which no doubt could be entertained as to the influence of this mineral in producing the morbid degeneration of the kidney. Mercury seems in this case to act very much like other excessive stimulants, and by over-exciting the glandular part of the kidneys, to lay the foundation of the morbid change." Sir ASTLEY COOPER also classes mercury as a not infrequent cause of dropsy of the belly, speaking of it in that agency as 'by no means an extraordinary case.'

Still we have nothing of water in all this; and mercury is assuredly no part of the Water Cure. The fact is, and educated medical men know it, that when a large quantity of water is introduced into the circulation, it passes off by the skin in the shape of sweat, if external heat be applied: or by the kidneys, if the surface be kept cool, this being a process of filtering only, and unaccompanied by the stimulation which marks the operation of saline and acrid diuretics, whose aim is to force the kidneys at the expense of other organs. It requires no depth of reflection to conclude which is the more likely to bring on renal dropsy. We may add, by way of rider, that Dr. COPLAND enumerates "the drastic operation of purgatives" among the causes of dropsy: but does not place copious dilution in the list.

PROPOSITIONS

ON

THE PRINCIPLES AND PRACTICE OF THE
WATER CURE.

I. A series of unnatural symptoms constitute a disease.

II. This disease is referable to a morbid condition of some of the textures of the body.

III. All disease is originally acute, that is to say, the symptoms are more or less rapid and pressing in their character, and more or less characterized by fever.

IV. Acute disease is the effort of the morbid organ or organs to throw off their disorder upon some less important organ or organs. Thus acute inflammation of the liver, stomach, or lungs, causes fever, that is, an effort to throw the mischief on the skin, the bowels, or the kidneys.

V. If, from the great extent of the mischief to be thrown off, and the feeble constitution, acquired or natural, of the individual, this effort is not successful, the body dies from exhaustion.

VI. If this effort be only partially successful, more or less of the internal mischief remains, but gives rise to symptoms of a less rapid and pressing and more permanent character. These symptoms then constitute a chronic disease.

VII. Except in the case of accidents to the limbs, we know of no disease which is not essentially internal. Skin disease.

are invariably connected with disease of some internal organs, especially the stomach and bowels, and are regulated in their character and intensity thereby. This is so true, that where there is a skin disease, the crisis effected by the Water Cure invariably takes place on the spot where it exists.

VIII. *Acute disease*, then, is the violent effort of internal and vital organs to cast their mischief on external and less important organs.

IX. *Chronic disease* is the enfeebled effort of the same organs to the same end.

X. But as from the diminished power of the constitution this is always ineffectual, the morbid state of the organs tends constantly towards disorganization, or what is called *organic disease*. This is more certainly the case, if the original causes of the malady are at work.

XI. Disease therefore is *curable* when the power of the system is sufficiently strong to throw the morbid action from a more to a less important organ.

XII. Disease is *incurable* when the power in question is insufficient for the last-named purpose; and when it has become organic, that is, when a change of structure has taken place.

XIII. From these premises it follows that the aim of scientific treatment should be to aid the development of the power of the system and its efforts to rid its vital parts of mischief.

XIV. That mischief invariably consists in the retention of an unnatural quantity of blood in them, to the detriment of other parts of the organism,—a retention commonly known by the terms *acute inflammation*, *chronic inflammation*, and *congestion*.

XV. In endeavoring to develop the powers of the system, the dissipation of this inflammation or congestion must be constantly kept in view, as the end of which the constitutional efforts are the means.

XVI. But as the circulation of the blood everywhere is under the influence of the organic system of nerves, the power and efforts of these last are essentially to be strengthened in order to dissipate the inflammation or congestion referred to.

XVII. Curative treatment is therefore made through the instrumentality of the nervous system.

XVIII. Violent and sudden stimulation of the nervous system of the internal organs, is invariably followed by exhaustion and increased inflammation and congestion. Hence the impropriety of alcoholic and medicinal stimulants.

XIX. But the gradual and judiciously regulated stimulation

of the nervous system according to the organic powers, conduces to the *development* and *maintenance* of its strength.

XX. This stimulation is the more steady and certain in its results the more universally it is applied to the *entire* nervous system.

XXI. To the external skin, therefore, and to the internal skin (as represented by all the lining membranes of the lungs and digestive organs,) this stimulation should be applied, those parts containing the largest portion of the nervous system spread through them.

XXII. *Pure air* applied to the lungs, *proper diet*, and water applied to the digestive organs, and *water* applied to the external skin, fulfil this intention of stimulation and strengthening most effectually.

XXIII. Further, as that portion of the nervous system (the brain and spinal cord,) in which the will resides, requires the development of its powers, *exercise* of the limbs is requisite, the stimulation of the air, diet, and water aiding thereto.

XXIV. PURE WATER, PURE AIR, PROPER DIET, AND REGULATED EXERCISE, ARE THE GREAT AGENTS IN EFFECTING THE CURE OF DISEASE BY AIDING THE NATURAL EFFORTS OF THE BODY, THROUGH THE INSTRUMENTALITY OF THE NERVOUS SYSTEM.

XXV. IN THE DUE APPORTIONMENT OF THESE AGENTS, ACCORDING TO THE POWERS OF THE CONSTITUTION AND THE PHASES OF DISEASE, AS ASCERTAINED BY MINUTE MEDICAL EXAMINATION, CONSISTS THE SCIENTIFIC AND THE SAFE PRACTICE OF THE WATER CURE.

XXVI. As strengthening of the system by the regulated stimulating of the nervous system is the means, so the throwing off disease by more important on less important organs by that acquired strength, is the end of that practice.

XXVII. During the efforts of the system thus aroused for so beneficial an end, if agents are employed which divert those efforts and tend to centre stimulus on the more important organs, augmented mischief is the certain result. Such agents are to be found in alcoholic and medicinal stimulants, applied to the internal skin and nerves: in hot and impure air applied to the external skin and nerves; and in exciting and factitious pleasures and anxious cares applied to the great centre of the nerves, the brain.

XXVIII. These and the *mal-apportionment* of the stimulation included in water, air, diet, and exercise, give rise to the only "Dangers of the Water Cure."

XXIX. The proper apportionment of the stimulation in question originates and maintains a steady effort of the system to save its vital parts at the expense of parts which implicate life less immediately.

XXX. The result of this effort is shown in one of the following ways: 1, the re-establishment of obstructed and suppressed secretions; 2, in the elimination of diseased matters through the bowels, kidneys, or skin; 3, in the formation of a critical action of some sort on the skin.

XXXI. Such result constitutes the CRISIS OF THE WATER CURE.

XXXII. The Crisis being the result of the extrinsic efforts of the vital organs, is to be viewed as the signal of their relief, not as the instrument of their relief.

XXXIII. Still as, during the crisis, the tendency from the internal to the external organs is most strong, it is more than ever necessary to avoid the causes which act in diverting this tendency and in reconcentrating the mischief on the internal parts.

XXXIV. At the same time, the tendency in point being then strongly established, it is not necessary to stimulate the system further in that direction, and all treatment except that which allays irritation accordingly ceases.

XXXV. A crisis being the evidence of cure of the internal disease, no recurrence of the latter is to be apprehended, unless the morbid causes are re-applied.

XXXVI. It is, however, possible, and in a great number of cases happens, that complete recovery from disease is effected by a slow process without any perceptible evidence of a crisis, either external or internal.

AUTHENTICATED CASES
OF
RECOVERY BY THE
WATER CURE TREATMENT.

I HAVE now sufficient materials by me to fill a moderately sized volume with cases like the present ones. Similar results may be found recorded by many other physicians of great reputation. There are here, however, a sufficient number to show that the patients write like very rational persons, and that the subject is worthy of grave reflection and investigation.

ADMIRAL BEAUMAN'S CASE.

This letter is a voluntary offering of the gallant Admiral, and it is the anxious wish of the writer to have the results of his treatment publicly known.

MALVERN, JULY 18TH, 1843.

GENTLEMEN,

As I am firmly convinced that I owe my present state of health, and even my existence, to your instrumentality, it becomes a pleasing duty to me to record by letter, as my friend Mr. Marsh has done, the benefit I have experienced from the system of treatment you adopted in my late illness. This duty is further pressed upon me by the knowledge I have, that many are deterred from trying the Water treatment in consequence

of fears regarding its dangers,—fears which my case amply shows to be totally without foundation, when it is scientifically applied. Previous to coming to Malvern, I was considered by some of the most eminent of the faculty to be in a hopeless state. I mention this in evidence that it was not my fears for myself which exaggerated the gravity of my sufferings; what these were I need not detail. Suffice it to say, that when I came under your care I was nearly reduced to a skeleton,—that the spasms of the stomach, and the spasms about the heart, seemed to threaten me with sudden death, and that only a few nights after I reached Malvern, and before I commenced the Water Cure, I was for several hours in a state of insensibility. In short, I did not consider my life safe from hour to hour. At this time, after nearly three months of treatment, my body is well covered with hard, solid flesh, my appetite and sleep are good, and my other functions in excellent order. The kindness and confidence with which you undertook a case so forlorn as mine, backed by the attention displayed in the treatment of it, deserve and have my grateful remembrance. But independently of what I have experienced in my own person, of the benefits to be derived from your mode of treating disease, when other modes were confessedly of no avail, I have seen enough in a number of the cases of others under the Water Cure at Malvern, to convince me of its perfect safety and superior efficacy; and I trust that this short letter, which you are at liberty to use as you please, may induce many sufferers like myself to profit by a trial of it. I shall be too happy to make this statement wherever I go.

I remain, gentlemen, yours truly obliged,

FRANCIS BEAUMAN,
Rear-Admiral.

P. S. As to the physical annoyance in the Water Cure, that I heard so much about, I can only say that I found, even in my weakly state, every part of the treatment I underwent anything but disagreeable, particularly lying in the wet sheet: indeed, I found it so exceedingly pleasant, that I regret much that you discontinued it the last five days before my departure from Malvern. I may also observe that I have not taken medicine of any description since I first consulted you.

To Doctors Wilson and Gully

FRS. Bx.

GOUT.

MALVERN, SEPT. 16TH, 1844.

MY DEAR SIR,

I cannot leave Malvern without again expressing to you my thanks for the encouragement you gave me to try the effect of the Water Cure, as you practice it, and for your kind attention to me during the time I have undergone the treatment.

I have now gone through the perspiring process, followed by the baths, fifty times, with the other parts of the treatment; I found them anything but disagreeable; indeed, I may say, quite the reverse; and they have been most beneficial to me. During nine months before I came here, I was never able to move without my crutches, and a great part of that nine months, I passed in my bed or on the sofa. My nights were restless, my pulse high, and my tongue charged. I am now turned sixty-three years of age, and have been subject to the Gout more than forty years. I paid little attention to it the first twenty years, and as soon as the fit was over, I never missed taking my wine daily. My knees, hands, and other parts were so crippled, that I had made up my mind to pass the rest of my days in my arm-chair or bed, or to hobble about with my crutches.

The effect of the treatment has so ameliorated my situation, I can now go up and down stairs with ease and comfort, without a stick, and the other day walked half a mile on the high road. I frequently ride on horseback four hours a-day, and my general health, I thank God, is as well as ever it was in my life. I sleep well, my appetite is good, I can use my arms freely, and tie my neckcloth, a thing I had not been able to do for years; in fact, I feel myself comfortable and independent. Had I come here a year ago, and undergone the same process, I have no doubt but I should have saved my left knee from being contracted; as it is, I am content to walk a little lame, and shall be too happy to remain in the same state I am in at present for the rest of my days. Pray excuse this long scrawl, as I know you have not a minute to spare, and believe me,

My dear sir, yours most truly,

T. C. MARSH.

To Dr. Wilson.

PARK HALL, EPPING, ESSEX.

Nearly twelve months after this was written, Admiral Beauman read me a letter from Mr. Marsh, in which he describes himself as having been in perfect health since he left Malvern;

Some years ago, being myself in pursuit of health, I accompanied the late Right Hon. Lord Farnham on the continent as his physician. He suffered from gout, but died from the effects of dosing with colchicum. It was an interesting and marked case of the destructive effects of that pernicious drug.

IMPUISSANCE, COMPLICATED WITH GOUT, ETC.

The uncle of the reigning Duke of Nassau, between sixty and seventy years of age, had been afflicted with gout so severely, that when he arrived at Graefenberg, he was almost bent double. In addition to this he had become impuissant.

He remained for two years, married while there, and in due time became the father of two children; and was, moreover, perfectly cured of gout.

The above case of His Serene Highness Prince Nassau, as related by Dr. E. Johnson, was considered beyond the reach of any remedial measures. When he commenced the Water Cure treatment, his prospect of marrying was about as great as that of his being Emperor of Austria. All his joints were crippled with gout, and it had already slightly attacked his heart and brain. When I left his Highness his recovery was nearly completed. This case was nearly as hopeless as that of Probart.

This letter was given by Mr. Case, (a gentleman well and esteemedly known in the county of Lancashire) to Dr. Cameron, in consequence of inquiries which the latter was making for some noble patient in London. Dr. Cameron sent me the letter to add to my stock, and the writer of it has kindly assented to its publication.

BELLE VUE HOTEL, GREAT MALVERN, }
OCTOBER 25TH, 1842. }

DEAR SIR,

It is with much pleasure I sit down to comply with your request to communicate shortly respecting my own sufferings from gout, and the effects produced on me during my short visit to this place, using the cold water remedy under the advice of Dr. Wilson. I have been a martyr to gout from a very early

age, and have already reached my sixty-fifth year. From the year 1816, I have generally been attacked periodically, spring and autumn, the violence and suffering of the fit increased yearly. The joints of my hands, feet, ankles, knees, and elbows, much enlarged, and containing chalky matter, and the legs liable to be much swollen at night after exercise. I left my own house, Thingwall Hall, near Liverpool, on Friday morning, the 7th instant, and consulted the doctor on the same evening, commencing operations on the following morning, viz., the blankets and cold bath. I had much difficulty in reaching the well, where I drank four glasses of water, and returned with a fine appetite to breakfast; again took walking exercise, and another bath before dinner; and this has been the daily course, wearing the wet compress and dry bandage over the stomach. When I left home, I had active gout in both elbows; this very shortly disappeared. I have repeatedly tried, I believe I may safely say, every reported remedy without much success, and felt much doubt and hesitation in submitting to the treatment with cold water. However, I have no reason to regret the trial, feeling better and stronger than I have done for years. My capability of taking walking exercise has daily increased, and I can now, without much pain or fatigue, walk seven or eight miles a day. From the repeated perspiration and ablutions, the skin is softened and rendered more elastic, the swelling of the legs has disappeared, and the lumps on the hands and fingers materially reduced. In fine, by a continuance of the system I am sanguine in being enabled to eradicate the enemy, and, as far as I can judge, without any the slightest risk in bringing on other complaints. I live moderately, and though allowed by the doctor a glass or two of sherry,* I have given even that up from choice, and really feel not the slightest desire or any such stimulant. Although at home I have been much in the habit of taking aperient medicine almost daily, I have

* Lest any one should suppose from the above, that I indulge my patients with wine, it is necessary to remark that permission was given only for a day or two, the conviction on my mind from past experience being, that the patient would of his own accord relinquish the stimulant in that period—so rapidly and certainly does the stimulus of water supersede that of wine, and convince at the same time, from the contrast in the feelings both moral and physical of the individual, that to take wine is a misfortune, and a stupid fallacy. I may add, that Mr. Case has forgotten to mention the operation of the douche, and sitz baths, &c., which he took in the course of the treatment, and which assisted in the beneficial result.

required none whatever here. I shall be happy to communicate any further information, and remain,

Dear sir, yours very truly,

THOMAS CASE.

Dr. Cameron.

The lady who wrote the following letter was sent here with her three sisters by Dr. Begbie, a physician of talent at Edinburgh ; but not to try the Water Cure.

DEAR SIR,

In compliance with your request, that I should give you a sketch of my case, I beg to say that I have been for many years annoyed with a liability to take severe cold, with a cough that continued for weeks, and sometimes months, more particularly the last two years, when I was never more than a week without it, and closely confined to the house from October till June, never being able to go out without catching fresh cold, however warmly clothed, and even latterly in going through the house if the weather was at all damp. The usual mode of treatment was medicine, mustard poultices on the chest, leeches, and rubbed with irritating liniments ; sometimes fly blisters, and every cough mixture, and lozenges,—all that could be thought of was tried, warm drinks, &c., and generally several days in bed at the commencement of every attack of cold. Occasionally the cold affected the windpipe more than the chest, which made the cough at those times incessant. A complete change to bracing air, having been recommended, induced my friends to bring me to Malvern, but not to try the Water Cure ; but it had not the desired effect, as I was attacked with a severe cold, similar to what I usually felt, and had I not consulted you, must in all probability have been confined to the house for some time, as going out always increased it. However, you advised the lying in the wet sheet two or three times a day, and rubbing three times each day with the chilled wet sheet, wearing a warm compress constantly on the chest, warm fomentations applied to the stomach for two nights, drinking cold water, &c., &c., and walking out three or four times a day, which treatment I followed, and at the end of three days, the feeling of cold in the chest was quite removed, and by the sixth day, the cough completely gone, which indeed appeared quite like a miracle, and thoroughly convinces my friends and myself of the extra-

ordinary efficacy of the Water Cure. I now go out without a thought about the weather, or fear of catching cold.

I remain, yours sincerely,

ELIZABETH S— T.

To Dr. Wilson.

GREAT MALVERN, AUGUST 23TH, 1843.

TIC-DOULOUREUX, STOMACH AND LIVER COMPLAINT, ETC.

MALVERN, OCTOBER 16TH, 1843.

DEAR SIR,

It is with great pleasure I now add my testimony to that of so many others, of the great efficacy of your mode of treatment by "WATER, air, exercise, and diet." After a trial of exactly five weeks, I find myself benefited in every way, and much more so than I could ever have hoped or expected.

I have been severely afflicted for the last sixteen or seventeen years past with a most violent tic-douloureux in my face, which is now easy from the water cure system; and my stomach is wonderfully restored to its former state of health which had been upset for years by the powerful medicines given to me to remove that distressing complaint.

I came here suffering under stomach asthma, the liver complaint, and swelled and dropsical ankles, all of which are now perfectly removed, and I have every reason to express my fullest trust in your judgment, prudence, and discretion, with perfect confidence in your long practical experience in the medicinal, as well as the system you now pursue.

I am happy at having it in my power to state to you, that I have ascertained that all the numerous patients who have been residents in your house during the time in which I have been among them, fully concur with me in these sentiments, and offered to add their testimony to mine.

With best wishes for the success of yourself and the Water Cure system,

I remain, my dear sir, yours most truly,

THOMAS STANTON ST. CLAIR,
C.B. & K.H. Colonel.

To James Wilson, Esq., M.D. &c.

THE PRINCESS SAPIEHA'S CHILDREN.

The following cases are of such interest that I shall present them to the reader with some details as published in my "Water Cure." The Princess is so thankful for the preservation of her children, and the benefit experienced by herself, that she repeats what is here written whenever she has an opportunity. Her children were all born strumous and with very large heads, except the last, which was owing to her having gone through the Water Cure treatment some time before, and during the whole time she was *enciente*. This child was born with a small head, grew rapidly, has been in perfect health, and without any of the peculiarities which characterized the six previous ones.

"When at Graefenberg, I was introduced to the Princess Sapieha at her request; all her family were under the treatment, including herself and sister. This lady had lost four children with affections of the brain and stomach, after having consulted all the first men in Europe, and was without hope of eventually saving two of the survivors, a girl and a boy. The four who had died, had been carried off at different ages, from two to seven years, by convulsions and vomiting, which nothing would arrest. The most violent and energetic means were had recourse to. The last, of the age of seven, vomited for fourteen days before the fatal termination. Hearing from some of her neighbors of the 'miraculous cures' made by the Water Cure, she determined to go and consult Priessnitz. The little girl, six years old, had incessant cough, which had been gradually increasing for three years; she expectorated large quantities of thick yellow sputa, frequently mixed with blood; she had hectic fever, and was reduced to skin and bone. This was complicated with an affection of the brain, and a tendency to convulsions: her physicians declared the case to be one of consumption, and that the child could not last longer than six months. Eighteen months before this she had had an attack of convulsions; blisters were applied, from the nape of the neck to the loins, and the child was confined for above six months to her bed. Priessnitz said there was still hopes, and that it was 'scrofula fallen on the chest.' During the first six months' treatment by the Water Cure, the child gained flesh and appetite, the fever ceased, but the cough and spitting, mixed with blood, were undiminished. The family physician, who had accompanied them, was still against proceeding with the

Water Cure, saying it was utterly useless. When the mother asked what then he would propose, he said, 'an issue in the arm.' 'Oh!' she replied, 'thank you; you have applied that once, and the child was laid up for several months, and narrowly escaped with the erysipelas it brought on.' These contending opinions, however, had such an effect upon her own health, that she had frequent fainting fits. In this state of things, she consulted me; on examining the child's chest, I found the whole of the right side very dull on percussion. On placing the ear, there was a strong bronchial râle throughout; under the right collar-bone, there was a small cavity and the gargouillement and pectorilque were distinct. I gave the following opinion at once, in these words: 'You have no chance that I can see except by the Water Cure, and I am happy to say that I agree with Priessnitz in thinking there is a chance; the child is daily gaining flesh, and the great point is to keep up the nutritive powers, keep off fever, and relieve irritation in the chest as much as possible.' I added, 'If it was my child, I should send it from the low situation here in the town, up to the hill.' My advice was taken.

"Her progress during the summer was very rapid; she became quite fat, with a ruddy complexion; but the coughing and spitting, though considerably diminished, still continued, and still mixed with blood. About a week or ten days after I had first seen the child, I took Dr. Coq, an intelligent, and one of the leading physicians of Ghent, (who was going though the Cure, to see it; his opinion and advice were similar to my own.

"The Princess and her family were under my care during the winter in Italy, her daughter going on regularly with the system. Two months after my return home, I received a letter from the Princess, which gave me great pleasure and confirmed my prognosis. Relative to her daughter she says:—

"*Je profite de cette occasion pour vous dire que Sophie va de mieux; elle tousse moins tous les jours, et ses nuits sont excellent. J'aime à vous dire, Monsieur, que vous êtes pour beaucoup dans cette amelioration, et je vous en remercie de tout mon cœur. Je joins en mille compliments pour Madame Wilson, et pour vous l'assurance de mes sentiments distingués.*

'САПІЕНА.'

"I have since heard that the invalid has quite recovered.

"The treatment has been as follows:—Every morning, at

about six o'clock, she is placed sitting in a bath, containing about nine inches of water, at a temperature of sixty-five to seventy degrees of Fahrenheit; in this she is well rubbed with the hands gently, all over, during a period of fifteen or twenty minutes; she is then dressed, and goes out to walk for an hour, drinking several small tumblers of cold water during the exercise. The bath is repeated every night, an hour or two before bed-time, the same as in the morning. When taken out of the bath, a double piece of linen steeped in cold water, and well wrung out, is placed on the chest, covering the front part, and reaching from the collar bones to the pit of the stomach. This is completely protected from the air by a similar covering of dry linen; it is worn night and day, and changed at noon for a fresh one. When the cough was violent at night, and it sometimes lasted for hours, I found the application of a fresh wet compress always relieved it. I should not omit to mention that soon after going to Priessnitz, she was attacked with a violent convulsion, ending in a stiffened state of the whole body, and complete insensibility. When this occurred, Priessnitz happened fortunately to be in the town; he put her at once into a 'shallow chilled bath,' where she was rubbed for three quarters of an hour, before she showed any signs of consciousness or of life. During this period, she was taken out three times for a few minutes, placed on a bed, and rubbed with wet hands. When this state is coming on, there is great dilatation of the pupils, and it has since been prevented going any further by 'head baths,' which she has taken every day since this attack. For the last five months the head has been perfectly free, but the head baths are still continued once a day at noon.

"I may mention, *en passant*, the state of her brother. He has had a strong disposition to the complaint of which his brothers and sisters have died. It comes on the in following way:—the face becomes suddenly deadly pale, the features shrinking, the eyes more or less fixed, the pupils dilated to their fullest extent, and vomiting begins. In from five to ten minutes, by the cold hip bath, in which he remains twenty minutes, these symptoms are completely removed, and in half an hour he is out playing as well as ever. In the first bad attack, before going to Priessnitz, he was treated in the following way:—blisters were placed on the stomach and all along the back-bone, and the raw surface dressed with a preparation of opium, and calomel and opium in large quantities given internally. This was a seven months' business in bed and in his room. He

is now past twelve years of age, and his teeth are all completely destroyed by the mercury. When he went to Graefenberg, his eyes were so much affected by the remedies, that there were great fears he would become completely blind; for this he went through the Water Cure, and now sees perfectly well. He has continued the treatment under my care in a gentle manner, and though still a delicate-looking boy, is in perfect health. The diet in both these cases is cold milk, with bread, morning and night, and a simple dinner of meat, vegetables, and light pudding, and water alone as their beverage."

The state in which we found the patient sent by Mr. Coulson, reminded us forcibly of that of LORD BYRON in his last illness, as described in his life by Mr. Moore.—Lord Byron called medicine "the destructive art of healing." How truly it proved to be so in his own person, you will see, when I give you the details of his last illness:—"Of all his prejudices," says Mr. Moore, "he declared the strongest was that against bleeding. His mother had obtained from him a promise, never to consent to being bled, and whatever argument might be produced, his aversion, he said, was stronger than reason. 'Besides, is it not,' he asked, 'asserted by Dr. Reid, in his Essays, that less slaughter is effected by the lance, than the lancet—that minute instrument of mighty mischief!' On Mr. Millingen observing that this remark related to the treatment of nervous; but not of inflammatory complaints, he rejoined, in an angry tone, 'Who is nervous, if I am not?—and do not those other words of his apply to my case, where he says, that drawing blood from a nervous patient, is like loosening the cords of a musical instrument, whose tones already fail, for want of a sufficient tension! Even before this illness, you yourself know how weak and irritable I had become; and bleeding, by increasing this state, will inevitably kill me. Do with me what else you like, but bleed me you shall not. I have had several inflammatory fevers in my life, and at an age, when more robust and plethoric; yet I got through them without bleeding. This time, also, will I take my chance.' After much reasoning, and repeated entreaties, Mr. Millingen at length succeeded in obtaining from him a promise, that should he feel his fever increase at night, he would allow Dr. Bruno to

bleed him. On revisiting the patient early next morning, Mr. Millingen learned from him, that having passed, as he thought, on the whole, a better night, he had not considered it necessary to ask Dr. Bruno to bleed him. What followed, I shall, in justice to Mr. Millingen, give in his own words:—"I thought it my duty now to put aside all consideration of his feelings, and to declare solemnly to him how deeply I lamented to see him trifle thus with his life, and show so little resolution. His pertinacious refusal had already, I said, caused much precious time to be lost; but few hours of hope now remained, and, unless he submitted immediately to be bled, we could not answer for the consequences. It was true, he cared not for life, but who could assure him, that unless he changed his resolution, the uncontrolled disease might not operate such disorganization in his system, as utterly and forever to deprive him of reason! I had now hit at last on the sensible chord; and, partly annoyed by our importunities, and partly persuaded, he cast at us both the fiercest glance of vexation, and throwing out his arm, said, in the angriest tone, 'There you are, I see, a d——d set of butchers—take away as much blood as you like, but have done with it.' We seized the moment, (adds Mr. Millingen,) and drew about twenty ounces of blood. On coagulating, the blood presented a strong buffy coat; yet the relief obtained did not correspond to the hopes we had formed; and during the night, the fever became stronger than it had been hitherto, the restlessness and agitation increased, and the patient spoke several times in an incoherent manner." Surely, this was sufficient to convince the most school-bound of the worse than inoperative nature of the measure. Far from it. On the following morning, the 17th, the bleeding was repeated twice, and it was thought right also to apply blisters on the soles of his feet! Well might Mr. Moore exclaim: "It is painful to dwell on such details." For our present purpose, it will be sufficient to state that although "the rheumatic symptoms had been completely removed," it was at the expense of the patient's life; his death took place upon the 19th, (April,) that is, three days after he was first bled.

Might I not venture an opinion, that a similar treatment would have been attended by the same result in both cases? Many months have now elapsed since this patient left Malvern, but a few days ago he wrote by a patient he sent here, to say that by following his instructions, he "still continued in perfect health, and still called himself a 'miracle.'"—This is his case.

INDIGESTION, ETC., WITH THREATENING INFLAMMATION
OF THE BRAIN.

This case was a very interesting one, and was sent here at an hour's notice by Mr. Coulson, a distinguished surgeon in London, under whose care he had previously been. The patient, a gentleman of forty years of age, had undergone excessive mental excitement, accompanied with constant and distressing sinking about the stomach and bowels, fever alternating with a tendency to fainting and cold sweats, all of which he had endeavored to fight against by frequent taking of stimulants. With all this he had been unable to procure even a small amount of sleep. In our first interview with him at Malvern his speech was almost incoherent, his gestures violent, and his whole appearance that of a person on the verge of insanity or inflammation of the brain. His tongue was fiery red, his bowels constipated, and his skin dry and harsh, except when the cold sweat suddenly appeared on it, together with the symptoms of fainting. All this plainly indicated the use of the wet sheet, in which he was to lay for an hour twice a day, with sitz baths in the intervals. In twenty-four hours this patient became calm, and slept almost all the time he was in the wet sheet, of which he spoke as the most soothing and delightful remedy he had ever experienced. On the first night after commencement of the treatment he slept five or six hours consecutively. His bowels also opened and his tongue became paler; of course no stimulants whatever were allowed, although up to the moment of his treatment he had taken them largely, and he expressed surprise at not feeling the want of them. At the end of a week he pronounced his feelings to be better in all respects than they had been for more than a year. Nevertheless we thought it advisable he should continue the general treatment for a fortnight longer, which he accordingly did; and at the end of three weeks returned to London, speaking of himself as "a miracle," and extolling the Water Cure in enthusiastic terms.

REMARKS.—Nothing could be more striking than the immediately sedative effects of the wet sheet upon the highly excited nervous system of this patient. It is impossible to conceive of any medicinal opiate acting so quickly and so efficiently; neither had the sleep any of the disagreeable characters of that obtained by opiate, for he awoke soothed, refreshed, and with a moist tongue. This effect too continued throughout the case;

The patient never retrograded for a single day. Although when he came his limbs would scarcely carry him half a mile, within a week he was able to mount to the highest of these hills. The harassing condition of mind disappeared, and he frequently expressed his surprise at the totally altered view he took of the circumstances which had previously so painfully excited him. We confess our ignorance of any medicinal treatment which could remove the symptoms enumerated, and restore the general health so rapidly and completely as the much-abused means employed in this case.

DANCING WITH SCARLET FEVER.

The following case will engage the deepest attention. The lady is the wife of a merchant at Hamburg. She was at Graefenberg with her whole family during the ten months I was there. I give her case as related by Dr. E. Johnson.

MRS. KLAUKE'S CASE.

In the month of May, 1842, Mrs. Klauke, (aged about twenty-seven,) was seized with pains in the head and back and calves of the legs. Her face, neck, arms, and legs, and subsequently the whole body, became brightly scarlet, and she complained of a soreness in the throat. The pulse was rapid, and skin dry. She was packed in the leintuch for half-an-hour; then rubbed all over in a tepid bath for twenty minutes with the wet hand. She was now ordered to wear an umschlag round her stomach night and day. When she felt cold she was rubbed down with the wet sheet—when hot, packed in the leintuch; and so on all through.

The tepid bath was suspended until by the application of a succession of sheets the fever was reduced. Then the tepid bath was repeated. Every morning she was packed up in a blanket, in which she was allowed to perspire for an hour; then she was put into the tepid bath. This treatment was continued for a fortnight. At the close of the sixth day all fever was extinguished, and at the close of the whole treatment her strength was undiminished.

In addition to the above, a lavement of cold water was administered every night. During the whole time she ate and

drank as usual, and one evening went to a ball, (in the saloon of Priessnitz's establishment,) and danced for hours, whilst her whole body was crimson with scarlatina. On returning home from the dance she was rubbed down with a wet sheet, went to bed, and slept soundly.

What will the reader say to a lady dancing with scarlet fever? If she was not alarmed herself at such an apparent act of temerity, surely out of the two or three hundred persons who were in the room with her, there were some who must have been afraid of catching it. I think I may answer for them—not one. Now I cannot imagine any human being, who has seen the frequent and sometimes terrible results of scarlet fever, and who has heard of its fatality, so devoid of common humanity, as not to be curious to know the reason for this general absence of fear in two or three hundred persons, with a patient red with scarlet fever in the midst of them. The reason is simply this: they all knew that there was no danger attending scarlet fever when properly treated by the Water Cure system, and the majority would have been glad to have had it there and then, rather than run the risk of being attacked by it when they could not obtain a judicious Water Cure treatment. They knew and saw that patients could eat and drink,—that in many cases they could go out and walk, and as in the present instance, dance—with scarlet fever.

These two or three hundred persons also observed the patients when the scarlet fever was gone, and they found that it had left no mark behind it. Turn now from that picture, and look upon this.

Three weeks ago, a clergyman's wife at Worcester, who was under my care, advised another clergyman's wife to send her daughter, a fine, full-grown girl about fourteen years old, to consult me. I found that she was perfectly deaf after scarlet fever. The only communication with her was held by signs and with the fingers. She was accompanied by her sister, a fine, handsome, healthy-looking girl, some years older. This morning I was told by the same clergyman's wife that the "eldest of these young ladies and two of the younger children were dead with scarlet fever, and buried." I heard there was something attempted with water in these cases added to the ordinary treatment. Something of cold washings and spongings with vinegar and water. Dabbling with water and vinegar!

I do not ask my brethren that they should, from worldly policy, or even common humanity, study the Water Cure; I ask it from them for mercy's sake. When I first came to Malvern, I

offered the parish surgeon to treat as many cases of fever as he pleased, to show him how the system was practised, and to tell him all I knew about it. During one winter I passed at Nice, the scarlet fever was very fatal; I was told by one of the leading practitioners, that he calculated there were from twelve to fourteen deaths a day by it. My wife had it in its severest form, and I declare that neither of us had a moment's apprehension. The Princess Sapeiha's nurse had it soon afterwards; I treated her in the same way, and without any medicines. The ulceration of the throat was severe in both cases; for this I used, in addition, fomentations of warm water applied every second hour, for an hour, with a yard of flannel well wrung and renewed every ten minutes, a compress being worn in the intervals; no one can form any idea of the relief afforded by this application without experiencing it.

SYMPTOMATIC FEVER.

This was one of Mrs. Klauke's children, whose treatment in scarlet fever has just been related; I was present, and assisted at the greater part of the treatment. I give the case as it was related by the mother to Dr. John King and to Dr. Edward Johnson some time afterwards.

"Alexander Klauke, aged three years, a fine lively child, much predisposed to inflammation, was attacked with fever, and inflammation of the bowels, about a month previous to the present disease. In the evening, the child was placed in a bath not quite cold, in which he remained twenty minutes, additional cold water being added, as the temperature rose by the heat from his body.

"During this time cold water was poured with a tumbler-glass on the head, repeated at intervals of a minute, and, as is usual, his whole body was rubbed cautiously by the maid. He was then taken out of the bath, and placed on a sofa, covered over with a dry sheet and blanket, with the back part of his head in a head bath, for ten minutes; by this time reaction had taken place, when wet compresses were applied to the head and back of the neck, and the body, from the arm pits to the hips, was wrapped in a similar way. He slept quietly till three o'clock in the morning, when the same process was repeated, the previous symptoms having returned.

"The child was again placed in bed, where he slept till the morning, and was then found to be quite well, and went out as usual.

"A month after this attack he was taken ill, in a similar way, but with symptoms much more severe.

"The fever running high, and accompanied with delirium, the treatment was commenced by placing him successively in nine wet sheets, from which the water was but slightly wrung out. In each of these he remained about five minutes. Towards the last, the heat being diminished, he was allowed to remain ten minutes. A thick wet compress was applied to the head and breast in addition—these being the parts where the heat was greatest. The feet were cold, and as long as they remained so, the wet sheet was only applied down to the knees; meantime, the feet and legs were rubbed strongly with the hands. While the extreme heat continued, the wet sheet was covered by a thick dry one, instead of a blanket, as is usual. After the last wet sheet, he was placed at once in a bath of (seventeen degrees of Reaumur) where he remained an hour—the same process of rubbing and pouring water over the head being practised.

"The first day the same process was repeated four times, the duration of the bath being not so long, as when the fever was not as high.

"During the night the wet cloth was changed every half hour; on the morning of the second day, the child refused to go into the water, *calling himself at intervals for additional wet sheets*. Orders were given that the inclination of the child should be obeyed.

"In the course of the morning the child himself desired that he might be put into the bath, where he remained until the heat in the armpits and on the back of the neck was the same as the rest of the body, this being the general guide for the duration of a bath; and it is worthy of remark that the more the fever was reduced the more tranquil the patient became, till at last he remained with perfect tranquillity in the bath. The same treatment, slightly varied, was continued for four days, when the child was well, and was sent out to play with the other children."

A child in fever, when under the Water Cure treatment, will often direct what should be done; I have often heard them ask for a fresh sheet, as in the present instance, when it was proposed that they should go into the bath. Their instinctive

feeling is generally right and should often be obeyed. When they are sufficiently refreshed by the gradual cooling of the wrung sheet, they will themselves ask to be put into the bath, rather than lay any longer in the sheet, or have it changed for a fresh one.

CASE OF SMALL POX.

A young man aged twenty-one, on his way to Graefenberg for the treatment of a rheumatic complaint, found himself unwell at Vienna, but travelled on, and when he reached his destination, was in high fever with delirium. Until this was reduced, an abreibung was kept applied in the quickest succession: so immediately hot did the wet linen become. The delirium quickly subsided. When the fever was much abated he was put into the leintuch, and this was followed by a shallow bath. Very soon a copious small-pox eruption appeared. Leintuchs were continued, according to the state of the skin. There was no return of fever; the appetite was natural. In ten days, he was able to walk out of doors. He had been vaccinated in his infancy; but, notwithstanding, the pustules were universal and of full size. No pitting ensued. (This case is related by Sir Charles Scudamore.)

APPETITE AND SLEEP RESTORED.

An Austrian officer, aged sixty, had been very stout and remarkable for the goodness of his appetite; but by degrees he became dyspeptic, very nervous, and above all, lost his sleep more and more by degrees, till at length he was not able to procure more than one hour of dosing in the twenty-four, for upwards of two years. He had no regular sleep whatever; opiates would not succeed, and he was in a most wretched state when he went to Graefenberg. Three months passed away without any decided improvement. It was in the beginning of spring; the weather very cold, and he was not strong enough to take much exercise. Hence a slower improvement. Treatment: in the first of the morning a leintuch, followed by a shallow tepid bath; an abreibung twice a day; usually a

second leintuch, followed either by an abreibung or shallow bath. By degrees he improved, gained some appetite, and sleep returned, at first for an hour only; then more and more, till, by the middle of summer, he could sleep comfortably for seven hours; and he quitted Graefenberg recovered from every inconvenience.

HYPOCHONDRIASIS, PSORIASIS, AND SCIATICA.

The gentleman, (an Englishman) about sixty years of age, who was the subject of these three severe afflictions, belonged formerly to the civil service in India. I made his acquaintance at Graefenberg immediately on my arrival, and am indebted to him for introductions to several valuable cases besides his own. He had labored under these affections for eight years. Shortly after he had become the subject of sciatica and psoriasis, (which latter disease his French medical advisers denominated *dartre farineuse*) his mind became excessively excited by some family occurrences, with the particulars of which he did not, of course, think it necessary to acquaint me. In a short time, what with this excitement, the torture arising from his sciatica, (inflammation of the sheath of the great sciatic nerve where it passes through the structure of the hip,) and the intolerable itching produced by the skin disease, the equilibrium of his mind became so much disturbed that he was not considered in a fit condition to be left by himself. Always in a state of high excitement, there were times when he was perfectly insane.

For eight years the sufferings of this poor gentleman, bodily and mental, were indeed awful. When I asked him to give me a detailed account of his sufferings, he sat thoughtful for a moment, and then, going to a table, he took up a small pocket-book, and opening it at a particular page, and placing his forefinger between the leaves, he re-seated himself. "Some time ago," said he, "I was perusing the book of Deuteronomy; and in the course of my reading, the passages which I have copied into this pocket-book rivetted my attention. They were so exactly characteristic of my sufferings, that I almost fancied myself the particular object of the divine wrath, and that I was even then realizing the fearful denunciations which those passages of Scripture contained. No language of mine can so truthfully or so forcibly convey to you the horrors under which I was laboring both in body and mind. Read them," continued

he, "and judge whether I have not great reason to be thankful that I am now such as you see me." He handed me the book and I read as follows: "The Lord will smite thee with the botch of Egypt and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed. 'The Lord shall smite me with madness, and blindness, and astonishment of heart. The Lord shall smite thee in the knees, and in the legs, with a sore botch that cannot be healed, from the sole of thy foot to the top of thy head: and thy life shall hang in doubt before thee; and thou shalt fear day and night, and shalt have none assurance of thy life. In the morning thou shalt say, 'Would God it were even;' and at even thou shalt say, 'Would God it were morning!'"

"At the time," continued he when I had done reading, "that I was perusing those passages, those terrible denunciations were most of them actually realized in my person. I trembled as I read—for at that moment I was covered 'from the sole of my foot to the top of my head' with an intolerable itching botch. I was even then 'smitten in the knees and in the legs with a sore botch, and was covered with scabs. Madness and blindness of the understanding, and astonishment of heart were also mine. I had indeed 'no assurance of my life,' for I was often sorely tempted to destroy it; and every morning I wished it were night, and at night I longed for the morning—and every effort I had made to get 'healed' had been utterly in vain."

This gentleman had then been under the Water Cure about three months. His sciatica had entirely left him—the eruptions were nearly gone—the itching had wholly ceased—while the state of his mind was perfectly calm, cheerful, rational, and full of thankfulness. (Related by Dr. E. Johnson.)

CURE OF DEAFNESS AND RESTORATION OF SMELL.

A gentleman aged twenty-four, of healthy appearance, when twelve years old, had a nervous fever, which exceedingly weakened his constitution and rendered him very deaf; from that period he had been weak and sickly, and unequal to much exertion. When he arrived at Graefenberg, four months and a half ago, such was his state with a bad appetite and almost a loss of smell. His hearing also was very defective. Began treatment very gently with *abreibung*, *leintuch*, and *sitz-bath*; to

drink water very freely, and take abundant exercise. After a fortnight, his appetite and strength were improved, and treatment was increased to the use of the sweating blanket, followed by the plunging bath twice a week. The douche on the other days; head bath twice a day; and to snuff water freely several times in the day.

There ensued a critical diarrhœa several times, after which the hearing improved. When this diarrhœa occurs, boils seldom happen also. The sniffing of the water was at first disagreeable; but finding advantage from it, he persevered; and when I last saw him, his hearing and smell were both recovered. He was strong, active, and in good spirits (Related by Sir Charles Scudamore.)

SYPHILIS.

The subject of this case, a Bohemian gentleman, resident in Vienna, appeared to have been affected with two distinct diseases—piles and syphilis of six years' standing. He had been under the care of the most skillful medical men, who salivated him to such an extent, and so reduced him by their medicines, that he could not walk fifty yards without the greatest exertion and fatigue. In this state he arrived at Graefenberg, encased in flannel and thick wrappers, in order to prevent his catching cold, under the advice of his physicians. He was suffering with great thirst, nausea, fever, continued pain at the back of the head, pains in the limbs, eruptions, costiveness, and excessive debility.

Under the Water treatment he improved daily, and to such an extent, that in two months he could walk six miles with comparative ease; and in December last, in severe frosty weather, he walked about with one coat on, namely, a pilot of light texture. His flannels, wrappers, and superfluous clothing had been discarded soon after reaching Graefenberg. At the period of my departure he had been four months at Graefenberg. The piles yielded to a regular action of the bowels, although he had been troubled with them for some years.

It is a remarkable fact that after the wet sheet baths, which formed part of the treatment of this case, the water wrung from the sheets always had a milky consistency and fetid smell. (Related by John Smethurst, M. D.)

REMARKS.—The period is not far distant when the Water Cure treatment will supersede every other mode at present practised for this disease. The cure is radical, effected with great facility, and not followed by secondary symptoms. Every medical practitioner who has seen much of the secondary effects of mercury will hail the new treatment as a great boon. Once fairly tried in our great hospitals, the Water Cure treatment will become general. I had the opportunity of seeing the results of the treatment in a great number of cases, presenting every form of syphilis and venereal disease. There was a very bad case here when Drs. Dewsbury and Crawford were in my house; the recovery was complete in three weeks. Eight months have now elapsed, and the patient has remained perfectly well. Did space permit, I could relate a great number of similar cases, attended with the same happy result.—J. W.

GOUT IN AGED PATIENTS.

AN Austrian field marshal, eighty-two years of age, had been a gouty martyr through a long life, and visited Graefenberg four years ago, when in such a state of infirmity that he could scarcely put his feet to the ground. Mild treatment was used, but it proved sufficient to produce boils which formed near the affected joints. He gradually improved, and finally threw away his stick, walking and riding on horseback with almost the activity of former years.

An old Polish general, nearly eighty years of age, also received nearly equal benefit from the treatment of his gouty sufferings and infirmity. (Related by Sir Charles Scudamore.)

The Prussian field marshal Titchell, at the age of eighty-four years, was going through all the processes of the Water Cure for his general health, and for gout, at the time I was under the same treatment. His constitution was much improved, and his gouty sufferings relieved. I have introduced these cases to show that the Water Cure cannot be so “desperately dangerous,” when individuals at this advanced period of life can go through it with benefit. The next case of rheumatism is also an illustration.—J. W.

RHEUMATISM TREATED AT THE AGE OF SEVENTY.

A gentleman residing at Leamington, put himself under my care last summer. He had suffered a great many years with rheumatism, and had been treated by all the most noted practitioners with little or no benefit. During the last twenty years he had been forbidden to touch cold water. I found him in the following state: the hands, knees, and feet distorted and enlarged; the patella of each knee firmly fixed and immovable; all the locomotion he was capable of, was a few yards on crutches. For the seven preceding winters he had not ventured out of his house, and he was carried up and down stairs. A few weeks after he had commenced the treatment by water, he was able to walk a considerable distance with one crutch, and shortly afterwards a stick was found a sufficient support, and he went out in all weathers without any disagreeable result. He left Malvern in the autumn and has returned here to spend part of the summer. He has told me that during the winter he had taken a cold bath nearly every morning, and walked out every day. Many medical men were very angry with him, and a report was raised that he had fallen down in a fit coming out of church, "the necessary and inevitable result of his morning ablutions!" His door was crowded with carriages to inquire his fate; so that he was obliged to go and walk about the town to quiet the tumult. In the midst all this, a little liberality is so very refreshing, that I cannot resist recording, that Dr. Jephson, meeting this gentleman walking about the streets of Leamington, said to him, "Well, I do not care how you got so well, or who made you so, I congratulate you on your great improvement." He has not taken a grain or a drop of medicine for the last ten months.

LETTER FROM THE MOST NOBLE THE MARQUIS OF
ANGLESEY.

BEAU DESERT, OCTOBER 8th, 1843.

MY DEAR DOCTOR,

I have your instructions conveyed in your letter of the 6th, and they shall be implicitly followed, as shall be also any other alterations you may be disposed to make in my treatment, being

continued (and this in the midst of much suffering,) that if anything can relieve me from my most dreadful of all disorders, your skill, and zeal, and great experience and *prudence*, will bring me through. I mark this latter word more particularly, because I hear of the most absurd and malicious reports being abroad of your having very nearly killed me!

Quelle folie, or rather quelle méchanceté!!! Why, in general health I never was better than since you took me in hand, and I can declare that since the 21st of September, 1842, I have never for a single day had occasion to assist in any way whatever, stubborn bowels which reluctantly yielded for years and years, only to the most powerful and pernicious drugs.

It is true that to Homœopathy I owe much, from having first taught me to abandon druggery; but then Homœopathy had nothing to offer (me at least) in order to affect that which the free use of the pure simple water within and without, have, under your prudent and judicious management, so admirably effected. Still I am often in great pain—and no wonder;—a desperate malady that for six or eight and twenty years had been in full possession of me, and which has probably been immensely aggravated by the swallowing of a mass of the most violent and poisonous drugs—a quantity, which I do believe if noted down would not be credited. It is no wonder, I say, that even water cannot in thirteen months effect a cure. But it has kept me in excellent, and even robust general health, and if, instead of being seventy-five I was only fifty-five, I should not be without hope of your totally subduing the enemy; but as I shall probably hardly give you time to obtain a complete victory, I must continue to bear my malady with all the patience and resignation that I can muster. If I do outlive it, (which, however, I own I do not expect,) I shall owe it entirely to your system. So persevere, my good doctor, as you have hitherto done, and believe me you will find a confiding patient; and may you and the admirable system you have introduced into this country with so much talent, perseverance, and success, go on and prosper through good report and bad report.

You will be glad to hear that Lady Adelaide is in high health, and a steady advocate of the Water Cure, and I hear most favorable reports of Lord Lichfield. Lady Anglesey is tolerably well. We all send our best wishes to Mrs. Wilson, and I remain, my dear doctor, Yours truly, ANGLESEY.

J. Wilson, Esq., M. D.

STOMACH AND LIVER DISEASE, WITH ASTHMA.

MALVERN, 9th OCTOBER, 1843.

MY DEAR SIR,

It affords me the greatest pleasure before leaving Malvern to add my evidence in favor of the admirable system you practise, and my thanks for the kindness and attention with which you treated my case.

I have been upwards of eleven years in India; in the year 1836 I returned home on leave of absence, and had a most severe attack of influenza, and have not been well since. I returned again to England in May last. I had stomach asthma, and spasms of the stomach in their severest forms, with indigestion and constipation of bowels, and torpid liver of many years standing. I was treated with bleeding, leeches, blisters, and medicines, but all my symptoms returned again with the same severity. I then tried the mineral waters with no benefit, suffering two severe attacks while taking them; in this most miserable state I determined to place myself under your care. I am in every way more than satisfied with the result. After from three weeks to a month's treatment, I met by accident your neighbor, my friend, the Rev. Mr. —, who did not recognise me with my altered appearance. When I came to you in August I was clothed in flannel, and wore a great coat, and was still chilly and cold; now in October I am without flannel, wear a single light coat, and am warm and comfortable.

I had what is called a crisis, and a severe one; the phenomena attending it would not be believed by many without witnessing them, but I felt perfectly well at the time, ate heartily with an appetite three times a day, and took plenty of exercise with alacrity. A friend of mine, Captain —, whose case is well known to all in your establishment, had a crisis at the same time; it was considered one of the most formidable that occurs, yet I observed his gaiety was not diminished, and his general proceedings as little disturbed as my own.

So great has been the benefit I have received, and so convincing are the many proofs I have witnessed of the extraordinary benefits to be derived from the Water Cure treatment fairly carried out, that it is my anxious wish to see others under similar suffering avail themselves of so certain and safe a cure. Wishing you many years of health to continue your

present employment so eminently for the service of others, I have great satisfaction in subscribing myself,

My dear Sir,

Yours very faithfully,

J. DOUGLAS DE WEND,
Captain 44th Regiment.

TUBERCULAR CONSUMPTION.

We do not, as some of our kind neighbors would have it supposed, profess to "cure consumption," cancer, or incurable diseases, but we do profess and believe, that we could in the majority of cases prevent their occurrence by a judicious Water Cure treatment. We moreover go further and assert, that in some cases great amelioration may be effected by the same means, even when these states are in existence. The following is an illustration. It may be said that it is an anomalous or solitary instance, still it serves my purpose, which is to show the extraordinary restorative and preservative powers and properties of water.

The young lady, the subject of the following case, is about twenty-six years old; from the age of seven years she has been in delicate health, with all the characteristics of a scrofulous constitution. Her mother died of tubercular consumption, and she has a sister whose death is daily expected from the same disease. It is above four years since her own lungs gave evidence of becoming diseased, being troubled with a constant cough, and two years later the expectorated matter was streaked with blood. Last winter she was laid up, and lost all her strength; hectic fever, and night perspirations also set in with considerable severity. At this time she met with my work on the Water Cure, and was much struck with the case of the Princess Sapiaha's daughter. I may mention that she is a young lady of great courage, intelligence and originality of mind; and commenced the treatment herself, without consulting any one. She soon found herself relieved from the fever and night perspiration, her appetite returned, and she was able to take exercise. For several months she went on with an active system of treatment, walking from six to eight miles a day; her appetite increasing, and feeling in short, in excellent health, but the cough and expectoration continued. At this time her feet began to swell, look red and felt sore; she wrote

to some one professing the water treatment, who told her to desist from it immediately. She did so, the feet recovered, and she was again seriously ill. In the spring she came here. On examining the chest with the stethoscope, I found the upper half of the left lung nearly solid, with a cavity of considerable size in the summit; the pectorilque and other signs of a cavity, were not to be mistaken. The right lung, with the exception of from three to four inches of the upper part, which also gave evidence of being affected, was as far as could be ascertained, sound. A few mornings after this, I requested Dr. Gully to make an investigation; he concurred with me exactly in opinion. The patient was put under a regular course of treatment, and soon got into perfect health, in which she remains at this mement. The solidity is evidently much less than it was four months back. Some weeks ago she was examined by Dr. College of Cheltenham, and Dr. Savage of London. Their observation was, "that she ought to be dying." My opinion is, that reparation will take place, and Dr. Gully coincides with me. When she leaves off the treatment she becomes ill, and well again when it is resumed. There is nothing to prevent her going on with it, until the desired result is obtained.

The following satisfactory recovery took place last winter. The Rev. Mr. Majendie was in my house at the time; he and the patient got into such condition, that they used to walk to Worcester (eight miles distant) to church; this they did from mere redundancy of health.

NERVOUS INDIGESTION, ETC., WITH SUICIDAL PROPENSITY.

The subject of this distressing malady was a gentleman of forty-six years of age, who after eighteen years of active and incessant attention to commercial affairs, retired with a moderate fortune from them in consequence of the growing distress both in the stomach and brain, which unfitted him from further action, and, as he said, "rendered the sight of the ledger intolerable." It avails not to repeat all the means he had tried previous to his trial of the Water Cure; suffice it that they comprised all the circle of drug medication, and, what is for the most part as bad, *drug dietetics*, by which is meant the system of keeping up a certain amount of stimulation from

food and wine on the condition of maintaining a proportionate amount of stimulation from medicines. He came here complaining that he only got one hour or an hour and a half sleep in twenty-four hours, that he had the most horrible mental sensations, the predominant one being that he was doomed to be his own destroyer: indeed for the last two years he had never been left without some one to watch him. His bowels always costive, and his belly protuberant, no pain was present when they were pressed; but eating always brought on a more intense degree of the mental pain. His volition was quite gone, and his moral courage extinguished. The contents of the chest were perfectly sound.

We commenced the treatment of this case with hot fomentations to the stomach and bowels at bed time, the wet sheet bath in the morning and evening, a sitz bath in the middle of the day, and he also commenced lying in the wet sheet; the result of which was, that on the fourth night he had five hours' sleep. From the bowels too he had on the morning following this a good natural evacuation. The mind, however, still held by its painful sensations. He now began to lay every morning from one hour to one hour and a half in the wet sheet, followed by a bath; the sitz bath at noon and the wet sheet bath being continued. During this time he went every morning walking on the hill, and drank from three to six tumblers of water as he felt inclined. In the course of the day he drank from eight to twelve tumblers, taking exercise which varied from five to ten miles a day. At the end of eleven weeks he left Malvern perfectly recovered, having, during the latter half of that period, used the douche daily, and broken upon the wet sheet by occasional sweatings in the blankets. His capability of taking water increased with his progress towards health, and he sometimes took fifteen or twenty tumblers a day. The changes in the expression of his face, indicative of that in his feelings, was striking to all the patients in the establishment, and from being the most lugubrious he became the most laughter-loving of them all. He slept invariably from the time he went to bed—ten o'clock—until the servant awoke him in the morning; and his sleep was dreamless.

The only evident crisis in this case was an increased action of the bowels for a fortnight, carried to the degree of diarrhœa for two or three days, but without any pain, griping or debility. The wet sheet, however, in which he laid for a long time, rendered the water in which he was daily washed, dark and turbid, with a copious flocculent sediment.

REMARKS.—Here is a case in which during two years the patient had been gradually getting worse, notwithstanding that he had obeyed, as he said, to the letter every system of treatment he had followed, backed by perfect rest of mind and body. It is plain that in such fearful states of irritation of the nerves of digestion and of the brain, all internal medicinal means should rather exasperate than alleviate, and such was the fact in the present instance. Yet by the soothing operation of the local fomentations and the general application of the wet sheet, an almost immediate effect was produced upon that irritation, as the sleep and rapidly increasing quietude of mind testified. The same remedies, by thus reducing irritation, and conjoined with the derivative effect of the sitz bath, succeeded at an early stage in setting up a regular movement of the bowels. Having thus secured the quiescence of the nervous system and restored the regularity and quality of the secretions and excretions, it only remained to renovate the tone of the system, which was effected most completely by the douche, and the appropriate union of the previously named remedies. It will be remarked that the diarrhœa here served as an internal crisis, of which mention has been made in the previous pages. But although this did not continue for more than four days, there was for as many weeks from two to three copious natural evacuations every day; and it was a curious feature, as observed by the patient himself, that the less he ate the more copious was the evacuation, a fact of which he convinced himself by repeated experiment.

THE CASE OF A PHYSICIAN WITH CHRONIC RHEUMATISM
AND GOUT, AND TENDENCY TO MALIGNANT DISEASE OF
THE STOMACH.

A talented physician, enjoying considerable practice in one of the suburbs of London, was the subject of this case. He is forty-five years old, during fifteen of which he has been afflicted with rheumatism and gout; besides which he has an hereditary tendency to black cancer of the stomach, his mother having died of that frightful malady. He had been constantly under treatment of one kind or the other, until his case was nearly hopeless, and his health so broken up as to oblige him to think seriously of abandoning his practice. An old friend

of his, a physician* at the time under treatment of the Water Cure at Malvern, wrote to him, advising him strenuously to try it, which he determined to do; but previously made a point of calling on two of the most eminent practitioners in London, who, as might be expected, ridiculed the idea, recommending at the same time a course of mercury and iodine. The patient having previously tried this with some disastrous results, and convinced, as he said, "that that was all that was wanting to *finish him off*," at once started for Malvern, where he arrived in the following condition. The body much emaciated; the trunk almost bent double; face pale, sallow, and anxious; cheeks sunken; tongue swollen to twice its natural size, furred and red at the edges; appetite morbid and capricious, leaning to indigestible articles of food; bowels torpid, with bad secretions; knees swollen and painful,—one of them lame for several years past; lumbago; incapability of walking more than two or three hundred yards without great pain and exhaustion; considerable fulness and excitement about the head; little or no sleep, and what there was, of an unrefreshing kind.

We shall not enter into the details of the treatment of this case, but will merely mention that by careful management he was soon brought into a state that allowed of the application of all the processes of the Water Cure, even to the douche; and that, although there were many other drawbacks in the shape of mental excitements on family affairs, he left Malvern at the end of eleven weeks, standing erect, walking ten and twelve miles a day on the hills without fatigue, the lameness having disappeared together with the chronic swelling of the knees; his appetite so great as to require restraint, his sleep restored, and the bowels in perfect order. He left this about a month ago, highly satisfied with the results, and only regretting that his professional avocations obliged him to return to town, otherwise he would have preferred to continue the treatment throughout the summer. We venture to say that the change in his complexion and expression of countenance will be no small matter of astonishment to his metropolitan friends, both professional and laical.

REMARKS.—It will be seen that even a medical man may go through the "Dangers of the Water Cure," and come out of them, not only unscathed, but restored. Yet it should be stated

* Dr. Adair Crawford, the learned author of the article "Inflammation," in the Cyclopædia of Practical Medicine,

that this enlightened gentleman would have been deterred from trying this only really safe treatment, but for the pressing representations of Dr. Crawford, who, from investigation and experience in his own person here, was well able to allay any apprehensions on the subject. We look forward with confidence to the day when many medical men will make a similar trial with a similar event.

SCROFULA.

I extract the following from my work on the Water Cure ; when Captain Claridge came to Graefenberg, to confirm his growing convictions, I particularly pointed out the following case to him.

“ As in many other diseases, medicinal treatment has been found very ineffectual. Iodine has been found to do more harm than good, and is a dangerous remedy ; the great reliance has been placed on change of air, diet, and bathing. From what I have seen of the ‘ Water Cure,’ it has been very successful in the treatment of scrofula. The elevated position in which these establishments are formed, the pure air constantly inhaled, regular exercise, the tonic effect of a scientific system of bathing, the increased powers of digestion, forming new and healthy nutritive matter in large quantities, do wonders. But independently of all these powerful hygienic means, pure water, applied externally, has an effect purely its own, which cannot in the present state of our knowledge, be fully explained ; nor is it absolutely necessary. We can study the effects of gravitation, without knowing what gravitation is. We can observe the varied phenomena of sensibility, and the different sympathies of the human bodies, without ever knowing what they are.

“ The treatment of scrofula by water embraces the whole of what is yet known of the modes of its application ; no two cases can be treated alike. The age and relative strength of the patients, the complications, and the extent of the ravages which the disease has caused, are the only guides ; everything depends upon the tact and discrimination of the practitioner, and his knowledge of the disease and the remedy. There were a number of children under treatment at Graefenberg when I was there, and one-grown up person—a young lady from Ham-

burgh. She left before me, perfectly cured; she was very handsome when the tumefaction of the nose, lips, &c., had disappeared; she had been about twelve months under treatment, and commenced it with all the external characteristics of scrofula, which she had had from an early age; her general health was also much impaired, attended with considerable suffering. For the first few months there was no evident change, except in the general feeling of health, which appeared to have become perfect. At this time the feet and legs began to swell, soon succeeded by copious discharges of thick glutinous fluid from the feet; this continued for three months, when it ceased, leaving her in the state I have described, without mark or external swelling. During the time that this crisis went on in the extremities, the warm compresses were kept continually applied, wearing large over-all boots, and taking her daily exercise with her accustomed facility. The general treatment consisted in the sweating process, wet sheet, cold, tepid, and chilled baths, hip bath, foot bath, compresses and douche, and the drinking of spring water, in proper quantity. In spinal complaints proceeding more or less from this cause, the Water Cure is equally efficacious. There were several cases I noted with great interest which made very rapid progress."

LIVER AND STOMACH COMPLAINT, WITH EMACIATION.

The following was a good case; I cannot mention the gentleman's name, but he was attended at the same time by my colleague, Dr. Gully: I may mention that Sir Joseph Copley dined in my house nearly every day during the progress of the treatment.

Mr. ———, a Liverpool merchant, in consequence of long continued exertion in the climates of South America, irregular living, and considerable labor of brain, had at length fallen into a state of disease indicated by the following symptoms.

Complexion pale yellow, without a sign of circulating blood; face thin and haggard; body generally emaciated; pain in the right side of many years standing, bowels confined, appetite gone; great lassitude and indisposition to exertion. For these ailments he had gone through various courses of medicines, mercurials, purgatives, tonics, &c.; he had also tried different

mineral waters, and had finished the list with a course of Morrison's Pills; all to no purpose, for he came to us with enlarged liver, and all the symptoms of confirmed stomach disease. It should not be omitted that he suffered from frequent tic and cramps in the leg. His age was forty-six years.

Alternate wet sheets and sweatings, with frequent sitz-baths, compress constantly kept to the abdomen, and latterly the douche, produced, in the course of a few weeks, a decided change in his appearance. His appetite became enormous, his digestion undisturbed, and the evacuations from the bowels, twice a day, very copious; he slept well, and his spirits were of the highest order. At the end of a month a crisis of boils commenced, principally over the region of the liver and right side of the body, which, however, were rather a subject of jest than of alarm to him, since, notwithstanding there were as many as twenty or thirty at one time upon him, he was never once absent from the breakfast, dinner, and supper table, and took his walks as he had always done. The only difference in treatment required for these boils was an extra wet sheet in the middle of the day, which, with the refreshing of the linen compresses, he found removed all inconvenience and disagreeable sensation, which might have arisen from the existence of the boils. Under the action of these boils, the enlargement of the liver rapidly gave way, and the diminution of its disease was palpably exhibited in his face, which became round and red from being pale and thin.

REMARKS.—In every way this case is satisfactory, and the result was obtained in much shorter time than we expected, being a little above six weeks. It is further satisfactory, as it gives the opportunity of demonstrating what has been asserted in the former pages of this work relative to the perfect safety of the crisis of boils when these are produced with discretion, and treated with judgment. Being withdrawn from business and free from all artificial stimulants, both mental and bodily, we perceive how small an affair this crisis is. But had this patient left us a fortnight before he did, with the boils upon him, and entered upon the cares of his business at Liverpool, or had he put himself under a course of drug medication at that time, we venture to say that the result would have been very different. As it is, we hear at this time (now five months since his leaving Malvern) that he is on the point of embarking for Canada, and says, "that he has got a new lease of life from the Water Cure."

MISCARRIAGE.

In relating the following case I must confine myself to the leading facts, as I cannot enter into the details for the non-professional reader. The lady, the wife of a celebrated sculptor, was induced to try the Water Cure treatment, by her friends, Mr. and Mrs. Calvert, who had been several months in my house. She was suffering from the effects of six successive miscarriages. Some of the symptoms were of a serious nature, and the recumbent posture was found necessary—any movement being accomplished with difficulty, and followed by great exhaustion. Having practised many years as an accoucheur, and been present at the confinement of nearly a thousand ladies, it may be allowed that I have had sufficient experience to form a just opinion in such matters. The treatment at first was gentle, and carefully graduated: it consisted of the tepid wet sheet bath, chilled sitz-baths, and a compress on the abdomen. In a few days the warm wet sheet packing, and chilled shallow bath, with sitz-baths reduced in temperature, and of longer duration. In the second week she could walk about, and used all the baths at the natural temperature, and packing twice a day in the wet sheet. The third week she was able to use the douche, and could ascend the hills and take prolonged and active exercise. The rapid restoration to health and strength in this case, after so long a period of debility, and lying on couches, &c., was considered extraordinary, and a subject of much congratulation by her friends, and many patients in the house, who had witnessed her previous state of extreme debility.

Numbers now go to the Water Cure for this distressing disposition alone—for it has been found most successful not only in restoring the patient from the immediate effects, but also in preventing a recurrence. During my long sojourn on the continent, I met with numerous instances both in society and at the different Water Cure establishments I visited. This desired change is the result of the patients learning a more efficient and strengthening mode of managing themselves—substituting the stimulus of fresh air, and water properly administered, for the stimulants and sedatives and the destructive habits, that are followed by irritation and debility. It will be a grand thing and a blessing, when men get healthy wives, and women healthy husbands.

CONVULSIONS IN CHILDREN.

A child in convulsions is perhaps one of the most distressing scenes that can be witnessed, and great numbers die in this state. During many years of private practice in London, the treatment of children came necessarily much under my notice, and I can recall at least a dozen cases in which the convulsions were fatal; notwithstanding that all the most approved means were used, and all the best assistance that could be obtained called in.

The summer before last my child was slightly convulsed from teething, and there was every symptom of the attack becoming of a serious nature; it was deadly pale, grinding the gums violently, squinting, and becoming insensible. As soon as possible the partial wet sheet was applied, at the same time the feet were well rubbed with the hands frequently dipped in cold water, and a wet towel placed under the head. In less than an hour all the symptoms had disappeared; the face composed, and the color of the face rather better than usual. After the packing it was well rubbed in a shallow chilled bath for a few minutes. After this treatment, a compress was placed on the abdomen and worn night and day, with the bath I have mentioned night and morning. Although the child was predisposed to convulsions, being very delicate and excitable, and teething very rapidly, from having been nursed some months too long, there was not the least recurrence of the symptoms. I may mention that it is now strong and perfectly healthy, and has never taken a dose of medicine of any kind.

Before settling at Malvern, I had long conversations with Dr. Gully in London on this important subject. As I expected, there was no difficulty in convincing so enlightened a practitioner of the power and value of the wet sheet and its accompaniments, and that the wet sheet was "a real blessing to mothers," and I may indeed now add, fathers too.

Some time after I had been here he sent me a letter in which he related the case of a child he had been attending in Oxford street. Three weeks or so previously it had been attacked with convulsions from teething; the treatment consisted of leeching, mustard poultices, and medicines. The child recovered, but was in a shattered state, with still much attendant apprehension from debility and a return of the convulsions. In a little more than a fortnight it was again attacked with violent convulsions, "the eyes turned up," &c., &c.. It was at

once put in the wrung sheet; in less than half an hour the child recovered its sensibility, and before the hour was completed there was free action of the bowels in the sheet, the child was quite quiet, all the symptoms having subsided. The same treatment was repeated next day, and in the evening of the same day, conjoined with head-baths as preventives; by these judicious measures the child went on well, and without any subsequent drawback; of course a chilled or tepid bath was used after the child had been enveloped in the sheet. It is well in these cases to put a deep soup-plate, filled with water, under the head, for some time during the period that the child is in the sheet, and at intervals to pour some of the water on the forehead with a large spoon.

The natives of the Hymalaya mountains induce sleep in their refractory children, by putting the head for a few minutes under the first spout of water they come to.

Many modes of treatment resembling the processes of the Water Cure, more particularly those that are considered dangerous and extraordinary, are known and practised by some of the native practitioners of India. Mr. Strachen of Clifton told me an interesting instance of an English officer being cured, when considered in a forlorn state, by having a wetted night shirt and cap put on him, and then enveloped in blankets. I have no doubt in my own mind that many of the prophets knew well the healing properties of water, and many of the processes of the Water Cure as it is now practised.

INDIGESTION AND LIVER DISEASE, WITH ASTHMATIC BREATHING AND INTERNAL ACCUMULATION OF FAT.

The lady who is the subject of the following interesting case, is a complete convert to the Water Cure. She has been two seasons at Malvern with her family, and has just left. It is now nineteen months since she commenced the treatment, has been quite well since, and she tells me she is now the same figure she was twenty years ago.

Mrs. H——, a lady, about fifty years old, of strong constitution, had been for many years in the habit of indulging a pretty large appetite to its full extent, and entering into all unhealthy ways of fashionable life. The consequences were, in time,

shown in constant pain of the right side over the liver, and in the back, which was soon followed by asthmatic breathing, laborious action of the heart, and therefore, the greatest difficulty in ascending stairs. At the same time she became inconveniently fat on the surface, and gave likewise every indication of a similar accumulation within, and more particularly of that which is so apt to take place about the heart, the kidneys, and coverings of the bowels. The other common symptoms of a deranged state of the digestive apparatus, especially costiveness, were all present. With these aliments she came to Malvern. On my first visit, I could hear her breathing before entering the room.

It is tedious to recapitulate frequently the treatment of indigestion and its accompaniments; suffice it to say, that in ten days this lady was able to walk up the hills with but little difficulty of breathing, an undertaking she would not previously have dared to attempt; the pain in the side, for which she had been frequently cupped by other practitioners, was gone; the functions of the stomach and bowels were regularly performed; and her spirits rose to the highest state of exuberance. She continued the treatment for six weeks, at the end of which time, a crisis appeared in one of the legs in the shape of boils; which, however, did not confine her to the house. It is now about eight months since she left this place, and a week or two back we had the gratification to hear, through the medium of a lady resident at Malvern, that she continues in perfect health, and speaks of herself as "better than she ever remembers herself to have been."

REMARKS.—In the ordinary mode of treatment by drugs, &c., this lady would have occasionally had temporary relief by doses of mercurials, salines, and purgatives; she would have been (as indeed she frequently had been) cupped over the side, and sometimes at the back of the neck; and many would probably have bled her from the arm also. A sound pathologist, looking to the case as it was presented here, would have no difficulty in predicting to what such treatment would eventually lead. Most unquestionably, dropsy of the chest or belly would have been the result, if, in the meantime, some acute inflammation had not intervened to carry her off. On the other hand, the water treatment, by setting up and maintaining a vivid action of the skin, by inducing a healthy degree of waste through it, and a healthy state of all the secretions, by the transfer of irritation from the internal parts to the point at

which the crisis appeared ; and by enabling the patient to take a great amount of active exercise, brought about a state which annihilated the local congestion of the stomach and liver, and put a stop to the enormous accumulation of fat about the heart and other viscera, which they who are in the habit of seeing these kind of cases, readily detect.

AN ATTACK OF MADNESS.

There was another interesting case of madness which I shall relate—important, as differing in its nature and mode of treatment from the one I have already given. A gentleman, a little past thirty, made my acquaintance soon after my arrival at Graefenberg, because, as he said, I was an Englishman ; he was at Graefenberg to be cured of a tendency to fits of insanity, We became great friends—he always met me with a passage from one of Byron's poems,—“ I rove the young Highlander o'er the dark heath.” He would often repeat, “ Do you like Byron ? ” When I answered, he was a great poet, he would say, “ You're a gentleman.—Is not Priessnitz the greatest man that ever lived ? and the ‘ Water Cure ’ an inspiration from heaven ? ” When I replied, that I made no doubt when it became generally known, and when people lived with moderate temperance, and learnt to manage themselves properly, there would be an end to chronic disease—there would be no more diseases of the heart, brain, or stomach—he would catch me up in a bruin-like embrace, and almost squeeze the breath out of me, crying—“ I rove the young Highlander.” He would add—“ But won't the doctors in England, when you go back, kill you ? ” “ No,” I replied ; “ they only injure some of those who take too many pernicious drugs, and with the most innocent intentions. I shall never again take a grain of medicine of any kind, so I am safe ; but they are not such desperate people as you imagine, for they do not even interfere to protect the public from notorious quacks and impostors, who kill wholesale, and not ‘ with the best intentions.’ ” “ Ah ! ” says he, “ perhaps that is because those terrible persons you name make work for them in the end.” I said, that was rather an uncharitable construction. I could always find him within a quarter of a mile, by his singing his password. When walking among the pine trees I am sure he fancied himself in the—

“Land of brown heath and shaggy wood,
Land of the mountain and the flood.”

He was going on very satisfactorily, when he went roaming, with some other wild fellows, to the frontier garrison town of Neisse, where he committed some excesses. On his return, fever came on, and being told that he was ill, I went to see him. I found him packed in the wet sheet, quite mad, screaming out a splendid *mélange* of the most brilliant passages of Byron, Goëthe, and Schiller. The wet sheet was changed and applied above thirty times during the day; he was three times rubbed in the shallow chilled bath, for about thirty-five minutes each time. The next day it was all over. I found him again quite quiet and reduced to a temperate, and very piano—“I rove the young Highlander,” which he repeated with a smile and a shake of the hand, and seriously repenting the culpable tricks he had played with himself at Neisse. When not under the influence of the attack, he was quite sane, only a little too enthusiastic about poetry and music.

The antiphlogistic and tranquillizing effects of the repeated wet sheet packing in this case, was truly delightful to observe; for myself, I should find it difficult to express my feelings on the subject; no leeches, bleeding, calomel, or blisters, and in three days as well as ever, and without a mark. The result was the same in the former case, by the continued shallow bath.

RECOVERY FROM RHEUMATIC GOUT, ETC.,

AT AN ADVANCED AGE.

I extract this case from my work on the Water cure: “I owe the pleasure of having witnessed the following extraordinary recovery, to COUNT MAZENSKI, a gentleman with whom I was on very intimate terms at Graefenberg, and whose little daughter I saw cured of hydrocephalus, or water on the brain, when in an advanced state, (I mention the name, as most of one’s water friends are too glad to have these matters well authenticated, to care about their names appearing in print; the present one I can answer for—at the same time it facilitates the inquiries of medical friends going to Graefenberg,) introduced me to a near relation—a lady between sixty and seventy years

old. She came under the care of Priessnitz in the following state: she was completely crippled with rheumatic gout; had not been out of bed for nearly twenty years; for sixteen years had been supported in nearly an erect sitting posture, with pillows, being unable to lie on the back, or on either side; her digestion was also bad; and for seventeen years she had not been able to hold a pen. Priessnitz at first refused to undertake her case, or to submit her to the influences of water. But from a very extraordinary tale which she told, and the entreaties of her friends, he consented to try some gentle means, which were nearly as follows:—Every morning the upper part of her person was gently rubbed all over for a few minutes with a towel moistened in cold water. She was then well dried, and the dress replaced. The legs and feet were then well rubbed in the same way, and the same thing was repeated in the evening. A bandage, well wrung out, of cold water, was placed round the waist, covered with a thick dry one, and the same dressing to the legs, elbows, and wrists; a few tumblers of water were drunk during the day, more or less, as she felt inclined. She was also gently sweated, and was a few times enveloped in the wrung sheet. In a few weeks a slight pain was perceptible in the back, and by-and-by a boil made its appearance, which, in due time, discharged a quantity of matter so offensive, that only one person could be induced to enter or remain in the room—a strong Polish servant girl, about twenty years old. I saw the girl, and questioned her through the Count Mazenski. The third day after this, the poor girl had the jaundice. In the course of a fortnight or three weeks the lady was able to eat almost anything, after years of abstinence and care. She could lie down on her back for a short time, and turn about as she pleased with very little assistance; and I saw her a short time afterwards writing letters, which she did half-a-dozen a day, to send to her kindred and friends as the greatest curiosities, and to convince them by ocular demonstration of what they otherwise would not have believed. She was carried every day and placed in a carriage and took a long drive. She went on with the treatment for some months after this, and recovered the use of the lower limbs in a remarkable degree, and her general health was completely re-established. Here there was not “air and exercise,” and no particular diet. No doubt it will stagger a little those who think that diet, air, and exercise constitute the principal parts of the Water Cure. I have said they are necessary and valuable adjuncts to the cure of diseases by water, and will restore health alone in a

variety of cases; in a variety of others they will not. I could give a number of illustrations even more extraordinary than this, to show that water has a mode of action of its own; and I may as well mention here as anywhere else, A CAUTION to those who may be laboring under long-standing chronic disease. If they apply water themselves as laid down in books on this mode of treatment, they may get themselves into a dilemma, not without danger.

THE AUTHOR'S CASE:

AND RECOVERY BY THE WATER CURE TREATMENT.

Amongst my earliest recollections are those of my mother giving medicines and lotions to the poor; she was a kind of Lady Bountiful, and I can distinctly recall, when I must have been about five or six years old, a side-table on which there was something like a soup plate piled with pence, and by its side lotions, draughts, and pills; these were for the poor. She was the most tender of mothers, and with the best intentions, I was very nearly spoilt by indulgence and physic. I never could ascertain the fact, but I have little doubt but the first thing that greeted my unfortunate stomach on entering into this "wicked world," was a dose of castor oil. To this day port wine reminds me so strongly of powdered bark, that I dislike it; and black current jelly is still my aversion, for the very name brings with it visions of rhubarb, calomel, jalap, and Ching lozenges. By this system of management, at ten years of age I was a juvenile dyspeptic, with a nervous system already morbidly excited, reading works of imagination with avidity, with an irritated brain and slightly inflamed stomach. At fifteen I had lost my parents, and may say was without control. I entered the medical profession, and for more than seven years was seldom absent from the hospital or dissecting-room; this, combined with every inattention to diet and exercise, and taking at the same time stimulants and medicines of all kinds, considerably advanced the stomach and nervous complaints, which had been commenced in my infancy.

After taking my degrees, I allowed myself no interval of rest—the worst possible economy of time I could have adopted,—but purchased half of a large practice in London, entering

into a partnership—midwifery forming a part. For about seven years I was actively engaged in this, with as little attention as ever to diet and stimulants. By this time I had become really an ailing man. I was always on the physicking list myself—the dressing-table was covered with pill-boxes and various draughts always ready. Day after day came the melancholy debate, whether it would be better to take the compound rhubarb or the compound colocynth pills—with or without the blue—or would it not be better still to try the “cold drawn,” (castor oil,) or rhubarb and magnesia. This irritating contention generally ended in my taking, what from my feelings of discomfort, I afterwards thought was the wrong dose—the truth is, is was all wrong. As may be guessed, I consulted all my medical friends, and gave their methods a trial. I rubbed in tartar-emetic until I had a crop of boils,—“the plague of Job,”—without his patience,—and took mercury until my breath was fœtid and my gums sore. By this time I had established some serious diseases. I had a stomach and liver complaint, with chronic duodenitis, an inveterate skin disease, and *tic douloureux*. My nerves were completely shaken, accompanied with despondency and nervous apprehensions, and irritability beyond bearing. I was indeed an old man before my time; I understood *ECCLESIASTES*, and felt that all was vanity and vexation of spirit. In this deplorable state I abandoned London, and for several years wandered about the continent, passing my time principally in Germany and Italy. I consulted all the leading men in most of the capital cities of Europe, and was still no better. I read again and again every work that could enlighten me on my complaints, and ended, from personal experience and conviction, in giving up medicines. A few leeches, with warm fomentations, and dieting, affording more relief than anything; in fact, I believe these last remedies preserved me. My ailments for a long time had become a morbid study for myself, and I am now persuaded, that except for closely observing the phenomena of disease in my own person, I never cou’d have understood many nervous complaints, and the real properties of many drugs. There are many men of talent and great experience, who from getting into a routine, and having nerves of iron, and the digestion of an ostrich, cannot trace the connexion of many painful diseases, or be persuaded of their source; they overlook some of the most real and distressing complaints, or call them “fanciful.” At this period I had heard of the Water Cure, and soon afterwards a work on the subject fell into my hands. Having

long contemplated such a thing, I thought I understood it, and at once decided on a trial. I should mention that for more than twelve months before I went to the Water Cure I had rejected my dinner three or four times a week,—not from sickness, but from the distress I experienced some hours after taking it—there was also inveterate constipation. I was very thin, and my calves completely gone. It was altogether fifteen months before I was perfectly cured of the skin disease, that being the last to disappear.*

During nearly ten months that I remained at Graefenberg, I pursued the treatment with great diligence, and at some other establishments afterwards more lightly. It consisted principally in the wet sheet packing, shallow bath, sitz bath, and sometimes the douche. The compress on the abdomen being also regularly worn, as well as a compress on the skin disease, as far as I could manage it. During the first three weeks of my treatment I suffered from the water turning excessively acid, and from my being sometimes obliged to reject it—but towards the end of the month a good appetite set in, after having been for years without the sensation. I soon got to relish hard cow beef, and veal a day old, with all the *et ceteras* of the Graefenberg table, caring more for the quantity than the quality. In the third week I had a sleeping attack, which lasted for about six days; I nearly fell asleep on my walks, and was frequently obliged to lie down and sleep two hours before and two hours after dinner, and go to bed at nine in the evening. At the expiration of the fifth month I had gained sixteen pounds in weight, and had all the delightful feelings of returning health. In the midst of this a crisis of boils appeared on the right leg, and the pain in the right side over the liver, which was still distinctly felt on pressure, was remarkably relieved. There was another curious result—two years previously I had contracted at Naples an irritation of the lachrymal gland of the right eye, and from that time, as soon as I went out in the open air, I could throw as many tears as I pleased out of the eye by a jerk of the head; it had never stopped, although I had tried several remedies. I soon, however, observed that it was aggravated, when my stomach and duodenum were worse. The state of my eye had been remarked by many of my fellow patients, and it created a little sensation when I appeared without tears or the usual white handkerchief which I had always in

* It was Dr. Gully's opinion, and indeed my own, when I left London, that the skin disease would spread all over the body; it had already appeared a little in the skin under the whiskers.

my hand to apply to the eye. It stopped suddenly the day after the crisis, and many came to look at "the cure of the English doctor's eye." In ten days it returned, and ran again as badly as ever, and the handkerchief was again in constant requisition. This failure produced despondency in many hypochondriacs who were zealous in pointing out to others that my eye was as bad as ever, and that the Water Cure was, after all, good for nothing: however, a fortnight after this disappointment I had another eruption of boils on the liver and leg—the tears were again dried up, and they have stopped from that day to this. The dull pain, also, which for seven or eight years I had felt more or less in the right side, also disappeared. The skin disease, however, was still there, although the itching was materially diminished and the skin much less hard and leathery. I was cold from the first that this would be a slow business. I persevered, and at the end of fifteen months the surface of the skin was smooth and without blemish. My color had become healthy, and I had gained thirty pounds of flesh.

During the time I was going through the cure, the quantity of water I imbibed averaged twelve half-pints a day. On one occasion I drank thirty tumblers of water from the spring before breakfast; I was perfectly well all the day afterwards, and felt no effect further than an irresistible appetite. I was making a variety of experiments at the time, having become quite well, and this was nothing more. I do not think it would be advisable for patients to repeat such experiments. The compresses worn on the stomach at one period of my treatment, at intervals used to be covered with a deep blue secretion, at other times it was thick and glutinous. I also had a severe attack of fever. The evening that I removed from the Graefenberg hill to the little town of Friwaldou, and had just got into bed, (having a crisis upon me,) the town was on fire. The wind blew a gale, and the wooden houses and roofs carried on the fire like a field of dry reeds. The whole thing was so sudden, that I had to throw my traps out of the window, and hurry out. After being up all night and wet—the next day I found myself in a burning fever,* with intense headache and pain in all the

* When I was at college, from over work combined with other imprudencies, I was attacked with fever of a mixed typhus and bilious character. I was attended by Dr. Stokes, who has since made himself known as one of the most eminent physicians of the day, with unremitting kindness and attention. I was above a month in bed, leeches, blistered, and my head shaved, and great quantities of cold water were poured over the head. There was an extreme state of debility for months.

limbs. I immediately turned to, had four wet sheets running for a quarter, half, and three quarters of an hour each; and then a shallow bath; in three hours I repeated the process, and again before ten at night. The following morning I was better, but had still headache and fever. I went on with the treatment, and the third day was out and well, hungry and hearty. I then heard that Priessnitz, who had been wet to the skin all the night of the fire, had also an attack of fever, and had been passing his time as I had been, in wet sheets. I have no doubt he felt as safe, comfortable, composed, and refreshed as I did, in this great and merciful discovery.

Some time after this I had intense jaundice from the passage of gall stones; a lady observed that I "looked like an orange in a white pocket-handkerchief." I lay an hour twice a day in the wet sheet, with sitz baths, shallow baths, compress, and fomentations; the sheets and compress were tinted yellow. The skin was clear again in ten days, and the relief I experienced from the different processes very great. Twelve months last autumn, I had a severe attack of influenza, and many in this village were laid up with it: wet sheets again, with the accompaniments, and I was enabled to visit my patients regularly, without an hour's confinement.

It is now three years since I have taken a dose of medicine, and in the interval have done some hard work, in fulfilling my vow to aid with all my means in establishing the Water Cure in my native land; added to which I have endured a no small amount of irritation, misrepresentation, and abuse; nevertheless, I am quite well, and with the blessing of Providence, trust to continue so, and to have as many patients to attend to as will be consistent with my self-preservation. Under these circumstances, would the gentle and candid reader advise me to abandon the WATER CURE, and return to the practice of medicine?

afterwards. From what I have seen and experienced since, of similar states of disease, there is no doubt but that a few sheets, &c., &c., would have sent me out walking in some days, with little or no debility.

I sent one of my books to Dr. Stokes by a patient. When it was presented, with my grateful remembrances, he said with a sigh, "Ah! I never taught Dr. Wilson empiricism." Thus this distinguished physician, whose good opinion I have always coveted, in the politest way it could be done, insinuated that I countenanced quackery. But I have learnt patience; and I have no hesitation in predicting that before two years are passed and gone, Dr. Stokes will be practising in his hospital what he now deems a quackery. I do this boldly, from the unbounded confidence I have in his intelligence, vast medical knowledge, and that uncompromising rectitude, which in him is hereditary.

RECENTLY PUBLISHED OPINIONS
OF
ENGLISH MEDICAL PRACTITIONERS,
WHO HAVE WITNESSED THE RESULTS OF THE WATER CURE
SYSTEM ON SOME HUNDREDS OF PATIENTS.

THE OPINIONS OF
HERBERT MAYO, ESQ.,

SENIOR SURGEON OF THE MIDDLESEX HOSPITAL.

SIR Charles Scudamore visited Mr. Mayo at the time the latter was going through the Water Cure: he says, "I asked Mr. Mayo if, during his observation of the Water Cure treatment, for upwards of a year, he had ever witnessed any accident to occur from it." He assured me not a single one; he added, "This new system of treatment more than doubles our power in doing good. Of course it will meet with much opposition; but none, come from what quarter it may, can possibly prevent its progress and its taking firm root. It is like truth, not to be subverted."

Sir Charles Scudamore further observes,—“I am happy in the opportunity of meeting with my friend Mr. Mayo, whom I attended occasionally in London, when suffering most severely from chronic rheumatism. I was extremely gratified to find him in a satisfactory state of improvement. Formerly, the knees and hands were inflamed, swollen, and painful, so that he could never obtain rest without the aid of a large dose of opium. He then suffered also very much from inflammation

and rigidity of the muscles and ligaments of the neck. Upon examination of the knees and hands, I found them perfectly free from all signs of inflammation, and reduced to their natural size. The patient was satisfied with his well doing, and praised the Water Cure as having saved him from being a cripple." When Mr. Mayo went to the Water Cure, he was considered in a hopeless state, and of course for years had experienced all the benefit to be derived from all the best medical and surgical advice in London

THE PUBLISHED OPINIONS OF

SIR CHARLES SCUDAMORE, M.D., F.R.S.

It appears to me that the subject of Hydropathy is one of the highest importance to the whole civilized world: and that its principles and practice deserve the closest examination.

I think that some of the writers on the Water Cure have not expressed sufficient praise and acknowledgment to Priessnitz as the inventor of the treatment, constituting a complete systematic plan.

In regard to the opposition of a great part of the medical world to this innovation on the ordinary practice of physic, looking at human nature, we must attribute a little of it to its interference with settled interests.

The principles of the Water Cure treatment are, I am sure, founded in nature and truth, and rest, therefore, on an immutable basis. We have in our power a new and most efficacious agent for the alleviation and cure of disease in various forms; and, in proper hands, as safe as it is effectual: I should be no friend to humanity, nor to medical science, if I did not give my testimony in its recommendation.

Liebig observed to me in our conversation: "By means of the Water Cure treatment a change of matter is effected in a greater degree in six weeks than would happen in the ordinary course of nature in three years."

In its progress, the condition of the patient improves in an evident and sensible manner. The skin, from being pale and sallow, acquires a ruddy hue, the muscles become fuller and

frame, fat decreases, and many are glad to lose a corpulent abdomen. In young growing persons, it is soon made visible that the capacity of the chest increases whence the lungs have fuller play, and a brighter bloom appears on the cheeks. Exercise, at first a difficulty, now becomes a pleasure. The mind partakes fully in these benefits of the body; the senses become more acute; the faculties more energetic; and buoyant spirits take the place of languor, depression, and ennui.

The practice is not to be lightly undertaken by invalids; and it is only the voice of kind warning to say that they ought not to attempt self-treatment. So called local diseases, but which are really constitutional, require general treatment. I heard lately of a gentleman treating his knee, affected with a rheumatic inflammation of the joint, by cloths constantly wetted with cold water, without employing any constitutional measures. Within thirty hours a fatal metastasis to the brain took place! Similar events frequently take place from a mis-application, or an over-dose of many medicines.

The agreement and good effects of each and every process depend on nice and correct management. How much more then of the whole systematic treatment! A competent bath attendant is of the greatest importance. There must be, in order to success and the avoidance of accident, a good head to direct, and a good hand to execute.

I much fear that from the facility and apparent simplicity of the practice, and the temptation to pecuniary gain, persons without the qualification of medical education will be induced not only to form Water establishments, but conduct them altogether, and boldly undertake the responsibility of the public health. In no illiberal spirit, but from honest feelings, I protest against this monstrous pretension and error. Diagnosis is most essential. Who that is untaught and unexperienced can understand the different kinds and the many phases of diseases? and without such discrimination, and also a judicious estimate of the powers of the individual to bear treatment, how can its amount be properly prescribed? A second Priessnitz, a man of so much original genius and powers of observation, with so vast an experience derived in so extraordinary a manner, is not perhaps again to be found; and I hope, therefore, that his example will not be considered a precedent that hydropathy shall be practised by other persons wholly unacquainted with either the exterior or the interior of the human body, and the complicated functions of the animal economy.

In the formation of any hydropathic establishment, water, as to its quantity and quality, must be the first consideration.*

Sir Charles Scudamore went through the Water Cure himself for a short time, and he observes: "The final result of the whole proceedings has been a most satisfactory improvement of my health, in all the failings I have mentioned; and I have not found the least occasion for medicine since."

In the autumn of last year I had the pleasure of a visit from Sir Charles Scudamore. He witnessed the Water Cure treatment of the Marquis of Anglesey and other patients at that time under my care at Malvern, and he was induced to visit the establishments on the Continent. When it is considered that Sir C. Scudamore has been a medical practitioner for about forty years, and it might be naturally supposed wedded to the old system, his opinions on the Water Cure, and his fairness as regards Priessnitz, are very gratifying.

THE OPINIONS OF

C. T. COOKE, ESQ., SURGEON.

To the Editor of the Cheltenham Chronicle.

SIR,—As it is pretty well known that I have been spending the last fortnight at Malvern, partly for the benefit of my health, and partly for the purpose of inquiring practically into the nature of the means now employing there for the prevention of diseases and for the recovery of health,—it is not unlikely that I may have many applications made to me for information on the subject. I feel, therefore, desirous of meeting these inquiries, by first showing the principle—the great principle—upon which those means are employed, and I know not that I can do this better, or better state what my own convictions are upon the subject, than by requesting you to insert the following let-

* And it should be added, good air and elevated position. The surgeon, after he has become a skilful and scientific operator, must have good instruments to operate with—the learned physician must also have genuine drugs. Were it otherwise, an old cotton factory at Manchester, or a large house in some hot close place, with bad air and water, might be converted with benefit into a Water Cure establishment.

ter, written by me while at Malvern, to one of my medical brethren in this place. I will only add, that the means adopted are—

1. Drinking cold water.
2. Cold bathing after passive sweating.
3. Cold bathing without sweating.
4. The wet sheet.
5. The wet sheet bath.
6. Partial bathing of particular parts.
7. Douche, or spout bath.
8. Cooling compresses.
9. Animating bandages.
10. Frictions.

These are all modified in their use according to the circumstances of each particular case; and I have no hesitation in saying, require the exercise of as much judgment and discretion as any other mode of medical ministration.

I am, Sir, your obedient servant,

C. T. COOKE.

CHELTENHAM, SEPTEMBER 17, 1842.

MALVERN, SEPTEMBER 9TH, 1842.

MY DEAR DOCTOR,

To you who so well know what a life of suffering mine has been, it will be no matter of surprise to hear that I should have been obliged to leave home for the purpose of rest and quiet, nor will you wonder that I should have come to this place with a view to give fair trial to the extraordinary use of a simple remedy, having, as you also know, tried every ordinary remedy in vain. I am also anxious to ascertain, by personal observation and experience, for the benefit of others as well as myself, what are the real pretensions of what is called "the Water Cure" to the estimation which it so loudly claims from the profession and the public. To you and to myself it will be no marvel if it should substantiate those claims. You have always, in your own case as well as in your practice, given to the skin its fair share of attention, and in my little book on the management of health and life, published as long ago as 1826, are to be found the two passages I have quoted and enclosed for you. It was a pleasure to me to hear, before I left home, that you had spoken favorably of Dr. Wilson's mode of ministering to disorder and disease; and I am still further gratified by finding patients of yours under his care who bear testimony to your liberality of feeling on the subject. As yet, I cannot

speak of myself as being better, but you know the nature of my ailment, and will not expect too much any more than I do, from even this mode of relief, combined, though it be, with what I so much need, comparative repose from labor.

If I am spared to return, it will be a gratification to me to tell you all I have witnessed, and all I have experienced, of the effects of Dr. Wilson's varied application of his one remedy. I have already beheld much that would have surprised me, if I had not long since learnt that the simplest means were the best in the hands of a Minister Naturæ, or the Minister of God, and had not, from a very early period of my life, defined the practice of medicine (in its unsophisticated sense) to be "good common sense directed to a particular object," and, I might add, that object a blessed and blessing one.

If you should feel inclined to take a drive over any day whilst I am here, I should be glad to see you, and to have the pleasure of introducing you to the author of "A Practical Treatise on the Cure of Diseases by Water," &c., &c.

I am, my dear Doctor, faithfully yours,

C. T. COOKE.

THE OPINIONS OF

A. COURTNEY, ESQ., SURGEON, R.N.

I am convinced that water judiciously used, will cure many complaints; that it will cure diseases that cannot be cured by medicines, is my certain belief; but if it can cure a variety of complaints, it is by being used in manifold ways, and great judgment, skill, consideration, and caution, are required in the application and use of it. A knowledge of the laws of health and disease is essentially necessary to him who would practise it; or else, a long experience, combined with the discrimination of a Priessnitz."

Dr. Hume Weatherhead, a man of eminence in his profession, cured himself speedily of gout by adopting the Water Cure treatment; and he quotes Dr. Behrend of Berlin, a man distinguished for his learning and judgment, who says:

"Practitioner as I am of fifteen years' standing, and editor for six years of a medical journal, I was at first a little mis-

trustful of this novelty, and compared it with many others whose authors pretended to reform the medical art, and who have completely vanished. But, Sir, that which I saw with my own eyes at Graefenberg, and other similar establishments, struck me, as it will you, with astonishment. I have seen an old intermittent fever cured by cold water without quinine or any other remedy. I have seen measles, scarlatina, small-pox, nervous fevers, rheumatism, gout, scrofula, tracheitis, and other complaints of the throat, syphilis, tic douloureux, and other nervous affections, tumors in the glands, swelling of the liver, and all effects of mercury, and many other diseases, cured by simple cold water, without the aid of any other remedy whatever; and in a comparatively shorter time, and a more favorable manner for the constitution, than could have been attained by any other means. Cold water is administered in all diseases, internally and externally; but the method of application is varied according to the individual and the cure. Cold water serves sometimes as a revulsive and sometimes as a depressive agent, and if you, sir, had witnessed what I have, you would not doubt any more than myself."

It is doubtful whether, with all our pretensions to more just views of the art of healing, we are one step in advance of our ancestors; and, that our practice is anything but a display of our success, we have but to glance at the long catalogue of diseases which remains to this day the opprobrium of our art. Matthew Baillie, physician to George the Third, and to George the Fourth, I believe also, after he had amassed a fortune by his profession, declared that he had no faith in medicines whatever;—that he neither knew their manner of action, nor the principle which should direct him in the use of them; or, in other words, that he had been steering all his life without rudder or compass. Another physician to royalty—the late Sir William Knighton, observes, "It is somewhat strange that though in many arts and sciences improvement has advanced in a step of regular progression from the first, in others it has kept no pace with time, and we look back to ancient excellence with wonder not unmixed with awe. Medicine seems to be of those ill-fated arts whose improvement bears no proportion to its antiquity. This is lamentably true, although anatomy has been better illustrated, the *materia medica* enlarged, and chemistry understood." These, the candid confessions of men who had attained the highest eminence in their profession, should surely serve as lessons of humility to medi-

cal men, and create in them an anxiety to scrutinize rigidly any system, however wild and visionary it may at first sight appear, before they attempt to enter a protest against it. For my own part, I have with astonishment and regret observed the flippant manner in which medical men in general, and some of our medical journalists likewise, treat really important discoveries ; and how, in particular, they have hitherto treated the facts brought forward in proof of the success of hydiatism. Like drowning men catching at straws, they catch at, and hold up to ridicule every little occurrence that they think may tell against the system (though such occurrences in general are nothing more or less than results of ignorance in those who administer the remedy,) while on the subject of the numerous cures effected they are silent.

But what say the relatives, the friends, and the sufferers themselves, to the long, long list of diseases which have for centuries set drugs at defiance ? What say these persons ? Shall a system which can appeal to the testimonies of clergymen and medical men, of peasants and of princes, for its great success in those very diseases which have hitherto set medicines at defiance—shall such a system be rejected ? Shall those who have long smarted under diseases the most agonizing, without reaping any benefit whatever, from medicines ; who have been for years flying from one medical man to another in the vain expectation of finding a cure ; shall those martyrs to disease who have sought relief fruitlessly from other sources, be denied the benefit of a system which has effected so much ? Shall he to whom returning seasons bring no relief, withhold from the trial of a system whose efficacy has exceeded all anticipation—I might say, all credibility ? Medical men, whether allopathists or hydiatists, have, it is to be hoped, the same end in view—the prevention and cure of disease, and the good of their fellow-creatures ; and cannot in justice, or with a show of reason, be at enmity with one another. The thing is not personal. No medical man, I am sure, who has the good of his fellow men in view, will be backward in recommending to those whose diseases he cannot relieve by the usual remedies, a trial of a system which aims at the same end as his, and which has effected cures in many cases, where medicines had failed to give any relief whatever.

Dr. Wilson's "Stomach Complaints and Drug Diseases," may also be of much greater service to the purchaser than the money they would cost. The latter contains a fine exposé of the opposition of Dr. Hastings of Worcester,—of the true cause of his

opposition to, and dread of, the progress of the Water Cure—a cause which indeed appears to lie at the bottom of all opposition to it. But I need say no more on this head; grovelling cupidity and gross ignorance of the various ways in which the water is used, are the reigning characteristics in every argument brought against the system.

Men may just as well argue that black is white, as argue against the Water Cure. In gout, rheumatism, indigestion, bilious complaints, nervous affections, inflammatory, cutaneous, and many other forms of disease, the facts are so numerous of its infinitely superior efficacy and safety over drugs, that all the fine-spun theories and cunningly devised fables of the druggmen will prevail about as much against it as did widow Par-
 ington's broom in keeping back the ocean.

THE OPINIONS OF JOHN KING, M.D.

Calling one morning upon a clerical friend, I found laid upon the table of his study, one or two works on Hydropathy. I need scarcely add, the subject was of sufficient interest to afford a lengthened topic of conversation. On leaving my friend's residence, the result our discussion produced on my mind was, that hydropathicism, like many of the isms of the day, was fanciful, ideal, a mere phantom of the imagination; and that those who zealously advocated its cause were laboring under a species of monomania. I reasoned to myself thus: that water, a simple fluid, possessing no specific property, could in any way cure disease; that the sciences of medicine, anatomy, and pathology, were to be considered as vague unmeaning terms, in the honorable and learned profession, a member of which I was proud to boast myself, and that a science to which I had devoted the best part of my life should ever be superseded,—this could never be.*

It was not long before another opportunity presented itself for conversing with my friend, and the all-absorbing topic was again naturally resumed and discussed; at the termination of

* This is the great mistake that medical men, in their haste or fear, commit. Science is not superseded, it is, on the contrary, called into greater requisition.—J. W.

which, I must candidly acknowledge, some of my stronger prejudices yielded, and I came to a fixed determination to peruse every work which had been written on the subject, with an unbiassed feeling

The result of my investigation produced these resolutions: that, since the simple and proper administration of pure water, both externally and internally, could not be productive of much harm, if it caused no good, I would quietly and perseveringly test, in some measure, its effect. After some few weeks' trial, to my no little astonishment and satisfaction, (for I commenced it in utter faithlessness,) my usual symptoms were relieved. On I proceeded, with unmoved, unwearied energy and zeal, and at the expiration of about two months, though sensible of the vast improvement in the powers of my digestive apparatus, and energy of mind, I felt almost sceptical as to its reality. But it was no delusion, it was unadulterated truth, clear as the limpid fluid which I had taken; it was self-evident as the rays of the noon-day sun. Continuing daily to carry into operation this most valuable discovery in the Esculapian art, its vivifying and tonic effect was sensibly felt in my system. Dyspepsia, with its accompaniments, flatulency, painful distension after meals, acid eructations, with a most unpleasant symptom, generally known to the dyspeptic, a distressing sinking sensation in the stomach, sometimes approaching to syncope, had vanished.

To illustrate this, I will simply recite a case of a clergyman, from whom I received the communication. Whilst actively engaged in his ministerial duties, he was attacked with severe phrenitis, (inflammation of the brain,) which called into action all the energy and skill of his medical attendants. It was deemed necessary to carry depletion to a considerable extent, by the abstraction of blood, both general and local, the application of blisters, and other most powerful and antiphlogistic means, in order to subdue the inflammatory action. It was full three months before he, was sufficiently recovered, and had gathered strength enough to resume his professional duties.

Many years after, he was again seized with a similar attack, and was incoherent—but what plan was then pursued? No abstraction of blood—no application of blisters, and not one particle of medicine was taken. He was judiciously treated under the hydropathic plan, and in three or four days, he was able to walk out, and was completely restored."

We may venture to hope, that as soon as this most invalua-

ble mode of treatment (hydropathy) becomes more fully appreciated and universally adopted, pulmonary affections at their commencement, as well as the various cases of liver and stomach complaints, will be radically cured—a corresponding decrease, as there has been of late a proportionate increase of disease, may be rationally and fairly anticipated. Doubtless we ought to admire with adoration and gratitude, the infinite wisdom and goodness of the all-wise Creator of the universe, in supplying our wants so munificently with so inestimably valuable a fluid, so pure and so plentiful as water.”

“Facts are chieft that winna ding,
And dawna be disputed.”—BURNS.

THE OPINIONS OF THOMAS SMETHURST, M.D.

My object is to show, that in water we have one of the most powerful therapeutic agents yet discovered, that its effects in curing disease are wonderful, and that a general adoption, now that once it has taken root, cannot fail to take place in many and most diseases.

Many, and no doubt the majority, of my medical readers, are still opposed to the Water Cure, and look upon it with a prejudiced eye; many more among the public have yet to be convinced of its benefits, but it cannot be otherwise. As with every great truth, it is slow in forcing itself upon the mind, but in the end truth must prevail.

Some medical men, desirous to give water a trial, have tried, and found it wanting, through mismanagement, lack of perseverance in themselves, or in their patients, and occasionally adding a dose of their own, by which the cure was either interrupted or defeated. The Water Cure requires patience, perseverance, and a knowledge of its great effects; without these it is impossible to succeed; it requires careful study, and I doubt not that by a proper and due cultivation, hydrotherapia may become even more brilliant in its results. The use of medicines, according to the present allopathic principles, in going through the Water Cure, is to be utterly repudiated, chiefly because all the functions of the organism are kept in complete activity whilst under the treatment, as far as the ex-

isting vital power in the individual treated admits of this; and that, such being the case, the remedies administered may have a different effect to what is anticipated or wished for.

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In concluding this article, we may yet add, in praise of Priessnitz, that his riches (£150,000) have not, as too often happens, inflated his pride; but that he is the same humble, modest, and unassuming man, respected and esteemed by his neighbors for his humanity and benevolence.

THE OPINIONS OF G. H. HEATHCOTE, M.D.

The term "Quackery," has of course been applied to this new system. The charge is of formidable sound, it must be granted; but it is empty sound after all; it is unsupported by a single argument, it is based upon no reasoning whatever, and even though it be the opinion of a physician, it is an opinion, so stated, as unsubstantial as those dark spots which are engendered in human vision by looking at the sun—it is an obscuration from intolerable light. There is no obscurity in the system itself, but there are eyes which cannot bear to look upon it. I, too, am a physician (excuse a little egotism;) I have the honor of having been granted that degree, both by the College of Physicians in Edinburgh, and by the College of Physicians in London.

The principle of hydropathy is that of the eradication of disease by various curative actions of the vital functions, which it has power to excite by the various modes in which it can be applied: so that the remedial power of this system approaches as nearly to a panacea as mankind, perhaps, is ever destined to obtain."

The principle of allopathy is that of the eradication of one suffering by suffering another—diverse and derivative. It is an awkward principle. A physician has said, "formerly medicines were prescribed less for the disease than for the name of the disease. Having personified disease into some mysterious living being, they prescribed medicine, as it were, with a view of killing that disease by poison! That which was called a dose of medicine to the patient, was thought to be a dose of poison to the disease. It often poisoneth both the disease and

the patient." It is an awkward principle, and, like Russel's political purge for constitutional obstructions, it produces "un-toward events."

But when we reflect upon the multitude of these medicines, when we consider that each class has a regiment of species, and that every day recruiting goes on, adding some new individual to this medicinal army, what must be the natural inference of an intelligent mind? What, but that the old soldiers are no longer found efficient; that at last, they are good for nothing, and must give way to raw recruits! So that, in fact, the general himself, the general practitioner, is laid under the necessity of healing without medicines, at least without the former army with which he attacked the disease in the last invasion.

But more than this, and worse; not unfrequently his army mutinies; his mercurial regiment, for instance, goes over to the side of the enemy—itself becomes a disease—and both the general and the constitution are at length overcome, either by the unexpected dereliction of the traitorous drug, or by the protracted state of the intestine war! This is to drive out one disease by another. It has ever been hazardous to employ mercurial troops.

This is a figurative illustration, it is true, but it is a just expression of undoubted facts.

That with regard to the use of medicines, it has been discovered that the principal functions of the body, indirectly excited by medical agents, can be directly excited by applications of cold water—

Particularly, that perspiration, the most critical function of the body, both in health and in disease, can be commanded by the processes of hydropathy, in a manner which no medicine has ever yet accomplished—

That there is evidence that diseases which have not been remedied by medicine, have been cured by this new system—

That in acute cases, the rapidity of the cure is more remarkable, and that the remedy leaves no convalescent state of debility.

Thus the principle of hydropathy is to lead us away from the vain and absurd task of contending against one disease by the introduction of another: and to point out to us the immaterial and inherent curative power itself, which operates, not by seeking a foreign and external power to introduce into the body, but by taking away out of the body that which diseases it, through the instrumentality of its inherent force, created in the

midst of those natural elements which it has power to control as long as the Creator wills. I think this is the just expression of the *modus operandi* of the processes of hydropathy.

THE OPINIONS OF JAMES FREEMAN, M.D.

Hydropathy has been too much regarded as simple and uniform in its operation. The truth is, that it effects almost every change which drugs can effect, only by safer and more certain means. For instance, the internal purging of calomel, aloes, and scammony, is substituted by the external purging of the dry blanket or wet sheet; the counter-irritation of a blister or mustard-poultice is replaced by a similar power exercised by the compress; the tonic effects of cinchona, gentian, or iron, are represented by those of the cold bath, douche, or sitz bath. This comparison might be further pursued if necessary.

The application of hydropathy, thus regarded, requires as much skill and knowledge as any other remedial method. What it really professes is, to possess more power than other remedies; to leave the system, not only radically cured of all morbid taint, but unimpaired by the injurious effects produced by drugs; to remove an old disease without superinducing a new one, and without communicating to the patient an unwholesome habit of body, as too often follows the use of opium, calomel, aperients, &c.; and, more than all, to be able to cure or relieve many diseases in which other treatment has failed, even when employed by its most eminent professors.

In order to show more forcibly the fact that hydropathy operates in a manner accordant with scientific medical principles, let us illustrate the above remarks by a supposed case. Take, for instance, chronic rheumatism. In this malady the morbid phenomena are combated by the solvent and eliminating action of daily perspiring, &c. &c., instead of the cupping and mercurializing of other systems; this is seconded by the counter-irritation of douches and compresses, which represent the blisters, liniments, and ointments of the apothecary; the cure is completed by the tonic action of cold bathing, appropriate diet, water beverage, and exercise, which answer to the bitters and other nauseous tonics usually administered. Is not this strictly consistent with the best principles of medicine? If

space permitted, the same might be shown of most other diseases."

SAFETY.

It is imagined by persons who have not witnessed the operation of the water treatment, that some of its means are attended with danger; it is supposed that weak persons and delicate constitutions are unable to undergo its operation without injury. Nothing is more groundless than this fear; many thousand persons are annually submitted to its application in the various establishments of Germany. Among them are individuals of every age, of both sexes, of all varieties of constitution and temperament, presenting every possible gradation of physical power, even to the most infirm, and laboring under every description of disease. Among this large number, which comprehends every diversity that the human frame is capable of presenting, accidents are much less frequent than under any other mode of treatment; indeed, they are almost unheard of.

Let it not be imagined that the Water Cure is disagreeable, or that the patient has anything to "go through" in submitting to its operation. When its use is once commenced, when the skin has overcome its first shrinking from contact with cold water, and the glow of reaction has been once experienced, it will not be pronounced painful or unpleasant. On the contrary, it is exceedingly agreeable. It is the most common of all events at hydropathic establishments, to hear patients speak of their delightful sensations; and if chance, occupation, or absence, prevent the taking of a bath at the usual hour, the loss is always regarded as a deprivation of one of the principal enjoyments of the day.

A drug is a substance capable of exciting a change in the organs or functions of the animal frame; the term comprehends all substances answering to that definition. There is therefore considerable truth in the remark of Dr. Frankel, (*Aerztliche Bemerkungen*, &c., p. 7, et. seq.) that water, as employed by Priessnitz, is as powerful as any drug in the *Pharmacopœia*; since it may be stimulant or sedative, tonic or depressing, astringent or aperient, sudorific, diuretic, &c., according to the manner of its administration. Thus far there is a similarity between water and drugs; but there the resemblance ceases; they are essentially different in the fact, that water is always harmless, while most drugs are more or less injurious in their immediate or subsequent effects. To satisfy our readers of this latter truth it is sufficient to enumerate the names of arsenic,

opium, turpentine, prussic acid, corrosive sublimate, calomel, foxglove, hemlock, henbane, and iodine, as drugs frequently employed in medical treatment.

Besides the injurious properties of drugs themselves, the public are exposed to another, but no less serious danger, from peculiar methods of administering them. Thus, we find one man professing to cure a class of diseases by a remedy in doses which another pronounces poisonous. (Christison on Poisons. Art. Digitalis.)

The nauseous qualities of drugs is another objection to their administration. There is no doubt that much mischief is often perpetrated by the disgusting doses which are forced upon children and patients in a prostrate condition; as, for instance, in the last stages of fever.

A fourth reason for endeavoring to find a substitute for drugs is the uncertainty of the benefit of some of those most commonly exhibited. We find nation disputing with nation on the use of a drug, as if they were discussing a point in politics, or any other department of science, in which assertion and not proof is the manner of arguing. (Compare the treatment of thoracic inflammation by Laennec with any English writer on the same subject, particularly with reference to mercury. See also Hope, on the Heart, where he says, speaking of the established treatment of aneurism—"I must frankly avow that, were I personally the subject of aneurism, I would rather take the chances of the disease than of the treatment.")

The fifth and crowning objections to drugs is, that they are generally useless. All their beneficial effects may be obtained from water. The two following facts will illustrate this statement:—

An English gentleman of the author's acquaintance, suffering from a painful disease, had been in the habit of frequently taking opium to procure relief. After the second day of his residence in a hydropathic establishment, he was able to relinquish this habit entirely; although, at that time, his malady was not otherwise improved.

Another English gentleman, many months a companion of the writer, had taken active doses of purgative medicine nearly every day for a year, by the advice of an eminent London physician. He was affected with "torpor of the bowels and liver." He went to a water establishment last summer, and has not taken a dose of medicine since. His bowels are now perfectly regular. What drugs effect by a violent, local action, water effects by its healthful influence upon the system in general.

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